

Progressive Calisthenics Training Curriculum

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This curriculum is based on another that I originally developed for a gymnastics club and later modified for use in my karate classes. However, please feel free to share this document with others. It may be freely distributed or copied for personal or classroom use, but may not be modified or used for profit. It may also be posted on any reputable website as long as you do not offer the document for sale.

If you would like to view full info on my qualifications, schedule a free consultation, or contact me for any other reason, please visit my profile page - http://www.dragondoor.com/owen_johnston/

Progressive calisthenics certification blog -
<http://pccblog.dragondoor.com>

Please feel free to give me feedback!
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Make copies of the workout logs as needed.

You may also use a pen and paper to log your workouts instead of printing copies of the workout logs.

Order luxury prints of the curriculum at the link below!
<http://www.peecho.com/print/en/126231>

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<http://tiny.cc/pdfbooks>

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<http://tiny.cc/karatetraining>

Introduction

Progressive calisthenics takes a minimalist approach to training; no specialized equipment is needed. The curriculum is based on the PCC (progressive calisthenics certification), gymnastics, and traditional karate training methods.

The progressive calisthenics for strength approach centers around multiple chains of movement and static holds. Almost any type of body weight exercise may be made progressively harder by adjusting leverage, range of motion, foot and/or hand positioning, and other such variables. Naturally, it is also possible to make exercises easier – which is especially important if you are working around an old injury and want to build up your strength again in particular joints. The key thing to remember is that progressive calisthenics – like with weight training – is that multiple methods of progression may be used.

Progressive calisthenics is more about an approach than a set routine. Everyone is different – you have your own unique body type, goals, needs, metabolism, and so forth. As such, feel free to use the progressive approach to calisthenics to help you develop your own personalized routines. Remember the key concepts to the approach – using a double or multiple progression method to build strength and skill in various types of movement, while also collecting knowledge of body mechanics, kinesiology, and "intensity variables" or "tougheners" to adjust leverage, range of motion, and positioning to make the movements progressively harder or easier. There is a seemingly infinite number of ways to adjust your techniques, and continue gaining strength from them for years and years to come.

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Karate program requirements

I. All prospective students must have exceptional character and a strong work ethic in order to be accepted into the karate program. An interview will be conducted during the free initial consultation, which will help gauge character.

If I feel that you are of good character, you will be required to complete a course of calisthenics before joining the karate program. Rare exceptions can be made. We will conduct a free fitness evaluation before starting any training, and discuss fitness goals, so that we can personalize your training program.

The minimum length of the course will be 3 months. The course may take up to 3 years if you are coming into the program from a sedentary lifestyle. The course is intended to gauge work ethic as well as teach fundamental movement patterns and help students to achieve a high level of fitness. The minimum fitness requirement for “testing out” of the calisthenics program is achieving all progression standards for the full body workout for strength level 2.

II. Mandatory strength testing is held on a regular basis. The requirements are based on the progressive calisthenics curriculum. As such, all of the exercises are safe and bodyweight only.

III. In order to earn ranks, students must meet certain physical conditioning requirements. The requirements are listed on the syllabus, which is provided freely. To view the syllabus, visit the website below, click on the “articles” link in the top menu, then click on “Karate Syllabus”.

<http://www.understandingkaratepdf.com>

IV. Every student must train on his or her own outside of class, in order to meet the high physical conditioning requirements. All new students are required turn in at least 3 workout logs each week to stay in the karate program. Students who do not turn in workout logs for 1 week without good reason will be moved to a calisthenics only program until 3 workout logs are turned in each week for 1 month. When and if a student is promoted to 2nd rank, workout logs are no longer required, but are still recommended so that the instructor can provide feedback.

Make copies of the provided workout logs as needed. You may also use a pen and notebook paper to log your workouts instead of printing copies of the workout logs. You may also log your workouts electronically, such as on a mobile device.

Strength testing and making progress

Testing out to a higher overall strength level

To test out to a higher level, you must meet technical requirements and repetition targets for selected exercises. While you will not be required to be proficient in all progressions until higher levels, you are encouraged to start exploring multiple progressions early on. This will help develop strength and proficiency in skills.

The smart way to progress

Don't simply rush through progressions to try to meet requirements for the next overall strength level. This can lead to overuse injuries or burnout. Be patient, enjoy the journey, and give your body time to adapt to training. Athletes in the beginner through intermediate levels of strength (1-8) should be able to stick with a double progression - add repetitions / time regularly until you hit a progression goal, then move up to a harder exercise, and repeat. Training cycles are therefore fairly straightforward in this phase - simply try to add a few reps or seconds each workout or each week until you hit the progression standard, move up to the next exercise, and repeat until you need to take a "light week" (less training volume).

Once you get past the intermediate level of strength, gains will often slow down. When this happens, you will need to start exploring other types of progression and structure your training cycles differently.

A few proven methods for planning training cycles:

Daily undulation periodization

Grease the groove

Stepped periodization

Weekly splits - push/pull, upper body/lower body, etc.

Or a mixture of different types

Workout Frequency

Athletes who are in strength levels 1-12 should build up to performing 3 full body workouts each week, or at least 2 full body workouts and at least 1 other type of workout each week, or a weekly split of 3 or 4 different workouts. Training for levels 13 and up will require weekly splits and more complex training cycles.

Always make sure you're warmed up before working out!

When training on your own, always remember to warmup and stretch properly before working out.

Elite level goals and workouts

Elite level goals require many hours of dedicated, highly specialized training and technical instruction, as well as an advanced overall foundation of strength. The more highly specialized your goal of choice is, the more you need to focus on it instead of other elite goals. The elite goals are comparable to and/or borrowed from levels 4 and 5 in "Skill Guidelines for Building Strong, Useful, Adaptable Athletes", a collaboration between "Eat. Move. Improve." and APEX Movement. To quote - "While level five is not necessarily a world class athlete, most people will not be able to perform many level five skills without sacrificing performance in other domains." View the document by pointing your browser to the link below

-
<http://eatmoveimprove.com/wp-content/uploads/2010/03/Skill-Standards.pdf>

When you are ready to start pursuing elite goals, talk to one of your coaches about goal selection, workout design, and training cycles. There are already a number of elite workouts included in the curriculum, to give you an idea of how to structure routines at the elite level.

Progressive Calisthenics - strength training progressions

Beside each exercise is a "progression standard" you should achieve before moving to a harder exercise. The progression standard for dynamics is in the "sets" x (times) "repetitions" format, and the standard for statics is in a "sets" x (times) "seconds" format, unless otherwise noted. You don't have to work with every exercise in a progression in order to become proficient in that progression, or do the exercises in the same exact order listed. There are often multiple ways to make an exercise easier or harder. However, the order of exercises in the below progressions will be kept the same for the testing requirements for overall strength level.

Dynamic progressions

Pushup progression -

Beginner: Wall pushups - 3x50

Novice: Incline pushups - 3x40

Intermediate:

Kneeling pushups - 3x30

Pushups - 2x20

High intermediate:

One leg pushups - 2x20

Close pushups - 2x20

Advanced:

Uneven pushups - 2x20 each side

Archer pushups - 2x20 each side

One arm incline pushups - 2x12 each side

High advanced:

One arm kneeling pushups - 2x10 each side

Tripod one arm pushups - 2x10 each side

Gecko pushups - 2x10 each side

Snake pushups - 2x7 each side

Elite: Ultimate one arm pushup - 2x5 each side

High elite: Decline one arm pushups - 3-5 each side

One arm fingertip pushups - 1 each side

One arm wrist pushups - 1 each side

Pullup progression -

Beginner:

Leg assisted pullups - 2x20

Leg elevated pullups - 2x20

Novice: Partner pullups - 2x10

Intermediate:

Pullups - 2x10

High intermediate:

L hold pullups - 2x10

Close grip pullups - 2x10

Commando pullups (asymmetrical close pullups) - 5x5 each side

Advanced:

Uneven pullups - 2x9 each side

Round the worlds - 2x7 each side

Archer pullups - 2x7 each side

High advanced:

Leg assisted one arm pullups - 2x10

Leg elevated one arm pullups - 2x10

Partner one arm pullups - 3x5

Self assisted one arm pullups - 3x5

Elite: One arm pullup - 1 each side

High elite: One arm pullup for 5 reps each side

Handstand pushup progression -

Beginner: Pike pushups - 2x20

Novice: Elevated pike pushups - 2x20

Intermediate: Jackknife pushups (90°) - 2x20

High intermediate:

Decline pushups (chair or other base) - 2x20

Marion pushups (wall) - 2x15

Partner HSPU - 2x10

Advanced:

HSPU (back against wall; hands placed shoulder width at first; later explore harder hand positions) - 2x15

Reverse (stomach facing) HSPU (for deeper range of motion; against wall; hands placed shoulder width at first; later explore harder hand positions) - 2x15

High advanced:

Full HSPU (against wall; hands placed on parallettes or sturdy objects that are also near / against the wall; higher bases - up to max ROM - make the exercise harder) - 2x7

Elite exercises and goals include, but are not limited to:

Free standing handstand pushups - 2x5

Once you have made progress with the HSPU and handstand progressions, you can hybridize them as a way to progress to free standing HSPUs. Another avenue that one may take is developing pure strength without high requirements for balance.

Below is a potential progression to one arm HSPU:

Full HSPU - 2x7

Close HSPU - 2x12

Uneven HSPU - 2x10 each side

Archer HSPU - 2x5 each side

Partner assisted one arm HSPU - 2x5 each side

One arm HSPU - 5 reps each side is a high elite goal

Horizontal pullup progression -

Beginner: Straight pullups - 3x40

Novice: Angled pullups - 3x30

Intermediate:

Australian pullups with bent legs - 3x30

Australian pullups - 3x30

High intermediate: One leg Australian pullups - 2x15

Advanced: Archer Australian pullups - 2x12 each side

High advanced: One arm Australian pullups - 2x5 each side

Elite: Torquers (same-side leg extended from the floor and angled out for balance) - 1 each side

High elite: Torquers - 1x5 each side

Dipping progression -

Beginner:

Bent dips (knees bent and using a low bar or base) - 2x20

Straight dips (knees straight and using a low bar or base) - 2x20

Feet-elevated dips (hands on a low base and feet on a low base) - 2x20

Intermediate:

Self-assisted parallel bar dips - 2x15

Partner-assisted parallel bar dips - 2x10

Parallel bar dips - 2x10

Perpendicular bar dips (v-bars) - 2x10

High intermediate: Horizontal bar dips - 2x10

Advanced:

Jumping muscle-ups - 2x7

Kipping muscle-ups - 2x7

High advanced:

Straight leg muscle-ups - 1x10

Elite goals include, but are not limited to:

Elite: Muscle ups on rings - 1x5 +25% bodyweight

High elite: Muscle ups on rings - 30 in 2.5 minutes (kipping allowed)

Leg raise progression -

Beginner:

Seated knee tucks - 3x40

Flat knee raises - 3x30

Flat bent leg raises - 3x25 each side

Novice:

Flat one leg lying leg raises - 2x20 each side

Intermediate:

Lying leg raises - 2x20

Hanging bicycles - 2x20 each side

Hanging knee raises - 2x15

High intermediate:

Hanging frog raises - 2x12

Hanging leg raises - 2x10

Reverse frogs (leg raise to L-hold, tuck knees in to the upper arms or elbows, reverse) - 2x10

One leg pike lifts - 2x8 each leg

Advanced:

Pike lifts (basically toes-ons / full range of motion leg lifts; drill flexibility for this)
- 2x7

High advanced:

Solid rollovers (basically dead hang pullovers but with more focus on strength than momentum) - 2x5

Elite exercises and goals include, but are not limited to:

Elite: Dragon flag - 3x5

High elite: Hanging dragon flag - 1x15 seconds

Squatting progression:

Beginner: Jackknife squats - 3x40

Novice:

Partner squats - 3x30

Self-assisted squats - 3x30

Intermediate: Full squats - 2x30

High intermediate:

Close squats - 2x20

Split squats - 2x20 each side

Advanced:

Raised pistols - 2x15 each side

Partner pistols - 2x15 each side

Self-assisted pistols - 2x15 each side

Press pistols - 2x15 each side

When performing self-assisted pistols, stand straight and hold onto a sturdy, narrow base in front of you (such as a vertical poles of a pullup unit) or onto a sturdy overhead bar. Press pistols involve the use of an object or training apparatus beside the working leg. As you lower, “find” the object with that same side's hand while maintaining good posture. That hand will help with balance as well as at least a slight pushoff in the upwards phase of the squat. As you improve at press pistols, gradually decrease pushoff with the assisting hand, and/or use progressively lower objects.

High advanced:

Shrimp squats - 2x10 each side

Pistols - 2x10 each side

Wushu squats - 2x7 each side

Elite exercises and goals include, but are not limited to:

Pistol squats - 1x50 each side

Jumbo shrimp squats (standing on a chair for greater range of motion) - 1x5 each side

Pistol squats +50% bodyweight - 1x5 each side

Pistol squats +75% bodyweight - 1x5 each side

Static progressions

Press lever progression:

Beginner:

Pushup plank - 2x30 seconds

Bent arm plank - 2x30 seconds

Novice:

One leg plank - 2x20 seconds

One arm plank - 2x20 seconds

Intermediate:

Gecko plank - 2x15 seconds

Stretch plank - 2x15 seconds

High intermediate:

Wall plank - 2x15 seconds

Wall elbow lever - 2x10 seconds

Advanced:

Raised elbow lever - 2x10 seconds

Straddle elbow lever - 2x7 seconds

High advanced: Elbow lever - 2x5 seconds

Elite exercises and goals include, but are not limited to:

Elbow lever - over 10 seconds on the floor

One arm elbow lever - over 3 seconds on the floor

Midsection hold progression:

Beginner:

Lying jackknife hold (looks like a V-up hold but with torso still partially on floor) - 2x20 seconds

Novice:

V-up hold (only gluteal muscles touching floor) - 2x15 seconds

Bent leg hold (using parallel bars or parallettes) - 2x15 seconds

Raised tuck hold - 2x15 seconds

Intermediate:

Raised N-hold - 2x15 seconds

N-hold - 2x15 seconds

Uneven N-hold - 2x15 seconds

High intermediate:

Bent L-hold - 2x10 seconds

Raised L-hold - 2x10 seconds

Advanced:

L-hold - 2x10 seconds

High advanced:

L-hold with legs above horizontal - 2x10 seconds

Elite exercises and goals include, but are not limited to:

V-sit

L-hold walks for 30 feet

High elite:

Manna

L-hold walks for 75 feet

Bridging progression -

Beginner:

Short bridge - 2x30 seconds

Table bridge (tabletop) - 2x30 seconds

Novice:

Straight bridge (shoulder bridge) - 2x20 seconds

Straight bridge pushups - 3x40

Wall bridge - 2x15 seconds

Intermediate:

Head bridge - 2x30 seconds

Head bridge pushups - 2x25

Full bridge - 2x15 seconds

Full bridge pushups - 2x15

High intermediate:

One leg bridge - 2x15 seconds each side

One arm bridge - 2x10 seconds each side

Gecko bridge - 2x10 seconds each side

Advanced:

Partner bridge kickover - 2x5 repetitions

Self assisted bridge kickover - 2x5 repetitions

Wall walking - 2x10 repetitions

Closing bridge (backbend) - 2x10 repetitions

Stand-to-stand bridge (backbend and recovery) - 2x10 repetitions

High advanced:

Bridge kickover - 2x5 repetitions

Back walkover - 2x5 repetitions

Elite exercises and goals include, but are not limited to:

Stand-to-stand bridges - 2x20 or more

More difficult transitions from backbend (such as backbend to handstand)

Spotting is allowed and encouraged for every exercise in this progression.

Handstand progression -

Beginner:

Wall headstand - 2 minutes

Partner headstand - 2x30 seconds

Novice:

Free headstand - 2x30 seconds

Tripod headstand - 2x30 seconds

Frog stand - 1 minute

Intermediate:

Wall handstand - 2 minutes

Wall kick-aways - 2x5 repetitions

High intermediate:

Partner handstand - 2x10 seconds

Free handstand - 2x5 seconds

Advanced: Hand walk - 10 feet or more

High advanced: Frog press handstand - 2x5

Elite goals can be chosen from transitions to handstand that are required in routines on floor, parallel bars, uneven bars, and/or rings.

Back lever progression -

Novice:

Hang unders - 2x15 seconds

German drop - 2x7 repetitions

German hang - 2x15 seconds

German hang performed as a movement - 2x10

Intermediate:

Inverse pike - 2x15 seconds

Inverse back lever - 2x15 seconds

Inverse back lever drill - 2x10 reps

High intermediate:

Diagonal back lever - 2x10 seconds

Diagonal back lever drill - 2x10

Tuck back lever - 2x10 seconds

Advanced:

Straddle back lever - 2x7 seconds

Bent leg back lever - 2x7 seconds

High advanced:

One leg back lever - 2x5 seconds each side

Back lever - 2x5 seconds

Elite goals include, but are not limited to:

Elite: Back lever for 30 seconds

High elite: Back lever with someone standing on your back for any amount of time

Inverse back lever drill – 1) from a dead hang, get into an inverse pike hold, then 2) slowly lift into an inverse back lever, and slowly lower back into an inverse pike hold. Perform step 2 for reps.

Diagonal back lever drill – 1.) from a dead hang, get into inverse back lever, then 2.) slowly move into diagonal back lever, and slowly move back to inverse back lever. Perform step 2 for reps.

Front lever progression -

Novice: 3 point hang - 2x15 seconds

Intermediate:

One leg inverse front lever - 2x15/side

Inverse front lever - 2x15 seconds

High intermediate:

Tuck front lever - 2x10 seconds

Inverse front lever drill - 2x10 reps

Diagonal front lever drill - 2x10 reps

Diagonal front lever - 2x10 seconds

Advanced:

Straddle front lever - 2x7 seconds

Bent leg front lever - 2x7 seconds

High advanced:

One leg front lever - 2x5 seconds

Front lever - 2x5 seconds

Elite goals include, but are not limited to:

Holding a front lever for up to a minute

Inverse front hang drill – from a dead hang, move into tuck front lever, and then into to inverse front lever, all in one smooth motion. Hold inverse front lever for at least 2 seconds. Return to dead hang and repeat for reps.

Diagonal front lever drill – 1.) from a dead hang, get into inverse front hang, then 2.) slowly move into diagonal front lever, and slowly move back to inverse front hang. Perform step 2 for reps.

Side lever progression -

Novice:

Straight arm side plank - 2x30 seconds

Bent arm side plank - 2x30 seconds

One leg side plank - 2x20 seconds

Stretch side plank - 2x20 seconds

Intermediate: Diagonal clutch flag - 10 seconds each side

High intermediate:

Tuck clutch flag - 10 seconds each side

Uneven clutch flag - 10 seconds each side

Advanced: Clutch flag - 10 seconds each side

High Advanced:

Press hold - 10 seconds each side

Tuck press flag - 10 seconds each side

Jackknife press flag - 5 seconds each side

Press flag - 5 seconds each side

Elite goals include, but are not limited to:

Elite: Press flag for 10 seconds on each side; Clutch flag for 1 minute

High elite: Press flag with someone standing on your side

Specialization progression - wrist pushups

Beginner: Seated wrist hold on back of hands - 1x5sec; 2x15sec

Novice: Incline wrist hold - 1x5sec; 2x10sec

Intermediate:

Wall wrist pushups - 1x10; 2x10

Incline wrist pushups - 1x5; 2x7

Kneeling wrist pushup hold - 1x5sec; 2x7sec

Kneeling wrist pushups - 1x5; 2x7

High intermediate:

Wrist pushup hold - 1x5sec; 2x7 sec

Half wrist pushups - 1x5; 2x7

Full wrist pushups - 1x5; 2x7

You can regress any of the above exercises by performing them one palm on contact surface and the back of the other hand on the contact surface. You can progress any of these exercises by balling your hands up into fists as you ascend to lockout. Press through the backs of the hands as you do this as you straighten your wrists out, squeeze your fingers, and make fists. Pattern this movement from a seated wrist stretch on the backs of the hands (as done in gymnastics), to get used to it.

Elite: One arm wrist pushups - 1 each side

Strength level requirements

The first number beside each exercise is the test requirement for repetitions or hold time. The second number is a progression standard you should aim for before moving up to the next exercise in the progression. Both the test goals and progression standards are stated in sets x (times) repetitions format. Take a 1 minute rest if needed between exercises.

Novice requirements

Level 2

Jackknife squats - 20 / 3x30

Wall pushups - 20 / 3x50

Flat knee raises - 20 / 3x35

Straight pullups - 20 / 3x40

Level 3

Partner squats - 30 / 3x30

Wall pushups - 30 / 2x20

Flat bent leg raises - 20 / 3x30

Angled pullups - 20 / 3x35

Level 4

Partner squats - 40 / 3x30

Incline pushups - 15 / 3x40

One leg lying leg raise - 20 each side / 3x20 each side

Angled pullups - 20 / 3x35

Intermediate requirements

Level 5

Self assisted squats - 20 / 3x30

Incline pushups - 20 / 3x40

Flat frog raises - 20 / 3x25

Angled pullups - 20 / 3x35

Leg assisted pullups - 5 / 3x10

Level 6

Self assisted squats - 25 / 3x30

Incline pushups - 20 / 3x40

Flat straight leg raises - 12 / 2x20

Angled pullups - 20 / 3x35

Leg assisted pullups - 7 / 3x10

Level 7

Self assisted squats - 30 / 3x30

Incline pushups - 25 / 4x40

Flat straight leg raises - 15 / 2x20

Australian pullups with bent legs - 7 / 3x30

Level 8

Self assisted squats - 30 / 3x30

Incline pushups - 30 / 3x40

Flat straight leg raises - 20 / 2x20

Australian pullups with bent legs - 10 / 3x30

High intermediate requirements

Level 9

Squats - 25 / 2x30

Pushups - 20 / 2x20

Hanging knee raises - 10 / 2x15

Australian pullups - 10 / 3x30

Level 10

Squats - 25 / 2x30

Pushups - 20 / 2x20

Hanging knee raises - 10 / 2x15

Jackknife pullups with bent legs - 10 / 3x20

Level 11

Squats - 30 / 2x30

Pushups - 25 / 2x20

Hanging knee raises - 15 / 2x15

Jackknife pullups - 10 / 2x10

Level 12

Squats - 40 / 2x30

Pushups - 30 / 2x20

Hanging knee raises - 20 / 2x15

Pullups - 10 / 2x10

Advanced requirements

Level 13

Raised N-hold - 10 seconds / 2x10 seconds

Parallel bar dips - 10 / 2x10

Self assisted bridge kickover - 10 reps / 2x7 reps

Wall handstand in hollow body - 15 seconds / 2x10 seconds

Jackknife HSPU - 10 / 2x15

Inverse front hang - 10 seconds / 2x10 seconds

Inverse back hang - 10 seconds / 2x10 seconds

Archer Australian pullups with bent legs - 7 each side / 2x10 each side

Raised elbow lever - 5 seconds / 2x10 seconds

Diagonal clutch flag - 2 seconds each side / 10 seconds each side

Deep split squats - 15 each side / 2x20 each side

Uneven pushups - 12 each side / 2x20 each side

Reverse frog lifts - 10 / 2x10

Commando pullups - 7 each side / 5x5 each side

Level 14

Raised N-hold - 20 seconds / 2x15 seconds

Parallel bar dips - 10 / 2x10

Wall walking down and up - 10 reps / 2x12 reps

Wall handstand in hollow body - 15 seconds / 2x10 seconds

Marion pushups - 15 / 2x15

Diagonal front hang - 5 seconds / 2x10 seconds

Diagonal back hang - 5 seconds / 2x10seconds

Archer Australian pullups - 7 each side / 2x10 each side

Raised elbow lever - 5 seconds / 2x10 seconds

Diagonal clutch flag - 5 seconds each side / 10 seconds each side

Raised pistols - 10 each side / 2x15 each side

Archer pushups - 10 each side / 2x20 each side

Reverse frog lifts - 15 / 2x10

Uneven pullups - 5 each side; 2x9 each side

Level 15

Raised L-hold - 10 seconds / 2x10 seconds
Parallel bar dips - 10 / 2x10
Wall walking down and up - 10 reps / 2x12 reps
Wall handstand in hollow body - 15 seconds / 2x10 seconds
Partner HSPU - 7 / 2x15
Tuck front lever - 5 seconds / 2x10 seconds
Tuck back lever - 5 seconds / 2x10 seconds
Archer Australian pullups - 10 each side / 2x10 each side
Raised elbow lever - 5 seconds / 2x10 seconds
Tuck clutch flag - 2 seconds each side / 10 seconds each side
Self-assisted pistols - 10 each side / 2x15 each side
One arm incline pushups - 10 each side / 2x12 each side
Pike lifts - 10 / 2x10
Round the worlds - 3 each side; 2x7 each side

Level 16

Raised L-hold - 10 seconds / 2x10 seconds
Parallel bar dips - 15 / 2x10
Strict stand-to-stand bridges (backbend and recovery) - 5 reps / 2x5 reps
Wall handstand in hollow body - 30 seconds / 2x20 seconds
Partner HSPU - 10 / 2x15
Tuck front lever - 7 seconds / 2x10 seconds
Tuck back lever - 7 seconds / 2x10 seconds
One arm Australian pullups with bent legs or straddle -
5 each side; 2x5 each side
Archer Australian pullups - 10 each side / 2x10 each side
Raised elbow lever - 5 seconds / 2x10 seconds
Tuck clutch flag - 5 seconds each side / 10 seconds each side
Press pistols - 10 each side / 2x15 each side
One arm kneeling pushups - 12 each side / 2x12 each side
Pike lifts - 10 / 2x10
Round the worlds - 5 each side; 2x7 each side

High advanced requirements

Level 17

Raised L-hold - 10 seconds / 2x10 seconds
Horizontal bar dips in hollow - 10 / 2x10
Raised elbow lever - 10 seconds / 2x10 seconds
Dead hang pullover - 5 / 2x5
Self assisted or incline bridge kickover - 5; 2x5
Wall handstand in hollow body - 30 seconds / 2x20 seconds
Wall supported handstand pushups - 7 / 2x12
One arm Australian pullups - 5 each side; 2x5 each side
Tuck back lever - 10 seconds / 2x10 seconds
Tuck front lever - 10 seconds / 2x10 seconds
Clutch flag - 5 seconds each side / 10 seconds each side
Pistols - 10 each side / 2x10 each side
Tripod pushups - 7 each side / 2x10 each side
Pike lifts - 10 / 2x7
Archer pullups - 5 each side / 2x10 each side

Level 18

Raised L-hold - 10 seconds / 2x10 seconds
Horizontal bar dips in hollow - 15 / 2x10
Raised elbow lever - 10 seconds / 2x10 seconds
Dead hang pullover - 5 / 2x5
Self assisted or incline bridge kickover - 5; 2x5
Wall handstand in hollow body - 30 seconds / 2x20 seconds
Wall supported handstand pushups - 7 / 2x12
One arm Australian pullups - 5 each side; 2x5 each side
One leg back lever - 5 seconds each side / 2x5 seconds each side
One leg front lever - 5 seconds each side / 2x5 seconds each side
Clutch flag - 5 seconds each side / 2x5 seconds each side
Pistol squats - 10 each side / 2x10 each side
Tripod one arm pushups - 10 each side / 2x10 each side
Pike lifts - 10 / 2x7
Self assisted one arm pullups - 5 each side / 3x5 each side

In self assisted one arm pullups, the assisting arm must be as close to a right angle to the working arm as possible.

Level 19 test - elite requirements

Proficiency in high advanced exercises in all progressions. Must also be working towards at least 4 elite exercises or goals, and able to demonstrate at least 1-3 quality reps and/or a short hold of each.

Level 20 test - high elite requirements

Should be highly competent with least 4 elite exercises, specializing in at least one, and working towards at least one high elite goal. Rep and/or time requirements at this level will be depend upon the nature of the goal.

Requirements can be highly variable due to the different requirements of training for highly specialized goals.

How to get started

Every student must train on his or her own outside of class, in order to meet the high physical conditioning requirements. All new students are required turn in at least 3 workout logs each week to stay in the karate program. Students who do not turn in workout logs for 1 week without good reason will be moved to a calisthenics only program until 3 workout logs are turned in each week for 1 month. When and if a student is promoted to 2nd rank, workout logs are no longer required, but are still recommended so that the instructor can provide feedback.

Make copies of workout logs as needed. You may also use a pen and paper to log your workouts, or log your workouts electronically. Write your name and the date at the top of each page that you use. Log the sets and reps or time you hold a posture beside each exercise. You can combine workouts, or create your own. For instance, you might perform a static hold workout of choice as part of your warmups for a full body workout. Be sure to also make notes about your training, as well. For instance, make notes about any details you focused on during an exercise, such as hand placement. Also think about how smooth or locked in your form was, how well you recovered between sets, and other things that come to mind during or after the workout.

We can discuss your workout logs in person, via e-mail, or another contact method. We will be able to create or update your own personalized training schedule based on your workout logs, progress, and training goals, as well as the strength test requirements. Mandatory strength testing is held every 6 weeks.

Always make sure to warm up and stretch properly before a strength training workout. Warmups should include at least 5 minutes of any form of cardiovascular exercise that gets your heart rate up. Ideas include running, interval training, jumping jacks, and agility drills. Stretch the parts of the body that you will be working, then perform at least one warmup set of a type of exercise that you will be working. For instance, if you are going to work pushups, you would warm up with wall pushups, kneeling pushups, or incline pushups.

The workout(s) you start with depend on the results of your fitness evaluation and our discussion of training goals. These will help us to develop an individualized training program. Some students may be asked to complete a remedial training program before joining the karate program. The remedial workouts are intended for new students who are coming from a sedentary lifestyle, coming back from an injury, or new to progressive calisthenics. The remedial program is detailed in the section for remedial workout logs.

Most beginners will start with the remedial program or the following -

Horse stance workout

Cardiovascular workout (jogging, running, intervals, etc)

Static hold workout for level 1

Full body workout for level 1

Abdominal workout for level 1

Perform the full body workout twice a week on non-consecutive days. Start with once per week if necessary, and add a second full body training day after at least 2 weeks. Once you can meet the progression standards for the first full body workout at least twice a week, you will be ready for the next level's full body workout.

Perform the abdominal workout on a day of your choice. Once you can consistently achieve the progression standards for this workout at least once a week, you will be ready for the next level's abdominal workout.

Perform the static hold workout at least once per week. Once you can consistently achieve the progression standards for this workout at least once a week, you will be ready for the next level's static hold workout. You could use a static hold workout as part of your warmups for a full body workout.

You must also build up to running at least 3 days per week and perform a horse stance workout at least twice a week. The goal for running is 2.5 miles in less than 25 minutes. The goal for horse stance is to hold it correctly for 20 minutes.

Once you consistently meet all progression standards on the abdominal and full body workouts for strength level 9, you are ready to start exploring other types of workouts.

There is no “one size fits all” program! Feel free to talk with an instructor or coach about designing individualized workouts and weekly training schedules. This is especially important when you are in the high intermediate levels of strength and beyond. Progress at this stage often slows and will need a more complex approach. Of course, workout logs for your personalized weekly training schedules will be accepted as part of your training requirements!

Below are example weekly training schedules for beginners:

Example 1 -

Monday – Cardio, stretches, static hold workout level 1, full body workout level 1

Tuesday – rest

Wednesday – Cardio, stretches, horse stance workout, abdominal workout level 1

Thursday – rest

Friday – Cardio, stretches, static hold workout level 1, full body workout level 1

Saturday – class

Sunday – rest

Example 2 -

Monday – Cardio, stretches, static hold and full body level 1, horse stance workout

Tuesday – Cardio, stretches, abdominal workout level 1

Wednesday – Cardio, stretches, static hold workout level 1, full body workout level 1

Thursday - Cardio, stretches, abdominal workout level 1

Friday – Cardio, stretches, static hold and full body level 1, horse stance workout

Saturday – class

Sunday – rest

Workout logs

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Remedial workouts

The remedial workouts are intended for new students who are coming from a sedentary lifestyle, coming back from an injury, or new to progressive calisthenics. Perform one workout per day. Take a day off between workouts if needed. It is recommended to do at least some light walking and/or stretching on off days. Perform 1 workout per week at first if necessary. Build up to performing all 4 workouts each week. Below is an example training week:

Monday – Lower body workout

Tuesday – Pushup workout

Wednesday – light walking and/or stretching

Thursday – Abdominal workout

Friday – Pullup workout

Saturday – class

Sunday – off

Description of the candle stick drill - sit and roll to candle stick with arms supporting, and hold for 2 seconds, then tuck knees in and roll forward to sitting.

When you are able to meet the progression standards for all four workouts, you are ready for the full body workout for strength level 1.

Remedial lower body workout

Name: _____ Date: _____

The primary exercises all have 3 training goals - a beginner, intermediate, and progression standard. Start with the beginner standards for all exercises that have them. Once you can meet all of the progression standards, you are ready to start working on horse stance.

Don't rush through your reps or cheat - use good form! Use a "2-1-2" cadence in squats - 2 seconds down, 1 second pause in the bottom position, and 2 seconds up. Take an active rest of 1 to 3 minutes between sets. Don't simply sit down - shake your arms out, walk around, get a cold drink, whatever - keep moving.

Note what you completed in the Completed box, and check off an exercise when you complete it. For example, if you did a set of 20 reps, and a set of 18 reps, you would write - 1x20, 1x18.

Exercises	Completed	x
Interval training (walking, jogging) – goal of 4 laps or 15min		
Stretches for hamstrings, thighs, ankles, and hip flexors - 5 minutes		
Wall sit - beginner: get into and out of position 1-5 times; intermediate: hold for 30 seconds; progression: hold for 1 minute		
Candle stick drill – 1; 5; 10		
Jackknife squats - 1 set of 10 repetitions; 2 sets of 25; 3 sets of 40		
5 minutes of walking and/or lower body stretches		

Remedial pushup workout

Name: _____ Date: _____

The primary exercise, wall pushups, has 3 training goals - a beginner, intermediate, and progression standard. The 1st number in each standard is the number of sets, and the 2nd number is the number of reps to aim for. Don't rush through your reps or cheat - use good form! Use a "2-1-2" cadence in pushups - 2 seconds down, 1 second pause in the bottom position, and 2 seconds up. Take an active rest of 1 to 3 minutes between sets. Don't simply sit down - shake your arms out, walk around, get a cold drink, whatever - keep moving.

If you are new to the leg raise progression, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 2 repetitions to each set, each week. Once you meet the intermediate standard, add a third set the next time you perform the workout. Once you meet the progression standard for wall pushups, you are ready for the next exercise in the pushup progression.

Note the sets and reps or sets and time in the same format as the standards, and check off an exercise when you complete it. For example, if you did a set of 20 reps, and a set of 18 reps, you would write - 1x20, 1x18

Exercises	Completed	x
Interval training (walking, jogging) – goal of 4 laps or 15min		
Shoulder circling, shoulder stretches, wrist stretches - 5 minutes		
Incline plank – 5 seconds; 10 seconds; 30 seconds		
Wall pushups - 1 set of 10 repetitions; 2 sets of 30; 3 sets of 50		
5 minutes of walking and/or upper body stretches		

Remedial abdominal workout

Name: _____ Date: _____

The primary exercise, seated knee tucks, has 3 training goals - a beginner, intermediate, and progression standard. The 1st number in each standard is the number of sets, and the 2nd number is the number of reps to aim for. Don't rush through your reps or cheat - use good form! Use a "2-1-2" cadence when performing seated knee tucks - 2 seconds down, 1 second pause in the bottom position, and 2 seconds up. Take an active rest of 1 to 3 minutes between sets. Don't simply sit down - shake your arms out, walk around, get a cold drink, whatever - keep moving.

If you are new to the leg raise progression, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 2 repetitions to each set, each week. Once you meet the intermediate standard, add a third set the next time you perform the workout. Once you meet the progression standard for seated knee tucks, you are ready for the leg raise progression.

Note the sets and reps or sets and time in the same format as the standards, and check off an exercise when you complete it. For example, if you did a set of 20 reps, and a set of 18 reps, you would write - 1x20, 1x18

Exercises	Completed	x
Interval training (walking, jogging) – goal of 4 laps or 15min		
Abdominal stretches for 5 minutes - twists; seal stretch; forward, back, and side bends		
Incline plank – 5 seconds; 10 seconds; 30 seconds		
Supine hollow body hold – 5 seconds; 10 seconds; 30 seconds		
Seated knee tucks - 1x10; 3x40		

Remedial pullup workout

Name: _____ Date: _____

The primary exercise, standing pullups, has 3 training goals - a beginner, intermediate, and progression standard. The 1st number in each standard is the number of sets, and the 2nd number is the number of reps to aim for. Don't rush through your reps or cheat - use good form! Use a "2-1-2" cadence - 2 seconds down, 1 second pause in the bottom position, and 2 seconds up. Take an active rest of 1 to 3 minutes between sets. Don't simply sit down - shake your arms out, walk around, get a cold drink, whatever - keep moving.

If you are new to the leg raise progression, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 2 repetitions to each set, each week. Once you meet the intermediate standard, add a third set the next time you perform the workout. Once you meet the progression standard for standing pulls, you are ready for the next exercise in the pullup progression.

Note the sets and reps or sets and time in the same format as the standards, and check off an exercise when you complete it. For example, if you did a set of 20 reps, and a set of 18 reps, you would write - 1x20, 1x18

Exercises	Completed	x
Interval training (walking, jogging) – goal of 4 laps or 15min		
Shoulder circling, shoulder stretches, wrist stretches - 5 minutes		
Straight pullups - 1x10; 3x40		

Static hold workout for strength level 1

Name: _____ Date: _____

Each exercise has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. If you are new to an exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 2 seconds to each set, each week. Once you can meet the progression standards for all exercises, you are ready for the static hold workout for the next level.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Exercises	Completed	x
Leaning plank – 1x10sec; 2x30sec		
Supine hollow body hold - 1x10sec; 2x30sec		
Short bridge – 1x5sec; 2x30sec		

Static hold workout for strength level 2

Name: _____ Date: _____

Each exercise has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. If you are new to an exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 2 seconds to each set, each week. Once you can meet the progression standards for all exercises, you are ready for the static hold workout for the next level.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Exercises	Completed	x
Leaning plank – 1x10sec; 2x30sec		
Supine hollow body hold - 1x10sec; 2x30sec		
Tabletop – 1x10sec; 2x30sec		

Static hold workout for strength level 3

Name: _____ Date: _____

Each exercise has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. If you are new to an exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 2 seconds to each set, each week. Once you can meet the progression standards for all exercises, you are ready for the static hold workout for the next level.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Exercises	Completed	x
Leaning plank – 1x10sec; 2x30sec		
Supine hollow body hold - 1x10sec; 2x30sec		
Straight bridge – 1x5sec; 2x20sec		

Static hold workout for strength level 4

Name: _____ Date: _____

Each exercise has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. If you are new to an exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 2 seconds to each set, each week. Once you can meet the progression standards for all exercises, you are ready for the static hold workout for the next level.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Exercises	Completed	x
Leaning plank – 1x10sec; 2x30sec		
Supine hollow body hold - 1x10sec; 2x30sec		
Wall bridge – 1x5sec; 2x15sec		

Static hold workout for strength level 5

Name: _____ Date: _____

Each exercise has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. If you are new to an exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 2 seconds to each set, each week. Once you can meet the progression standards for all exercises, you are ready for the static hold workout for the next level.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Exercises	Completed	x
Leaning plank – 1x10sec; 2x30sec		
Supine hollow body hold - 1x10sec; 2x30sec		
Head bridge – 1x5sec; 2x15sec		
Tripod headstand – 1x10 sec; 2x30sec		

Static hold workout for strength level 6

Name: _____ Date: _____

Each exercise has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. If you are new to an exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 2 seconds to each set, each week. Once you can meet the progression standards for all exercises, you are ready for the static hold workout for the next level.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Exercises	Completed	x
Leaning plank – 1x10sec; 2x30sec		
Supine hollow body hold - 1x10sec; 2x30sec		
Full bridge – 1x5sec; 2x15sec		
Frog stand – 1x10 sec; 2x30sec		

Static hold workout for strength level 7

Name: _____ Date: _____

Each exercise has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. If you are new to an exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 2 seconds to each set, each week. Once you can meet the progression standards for all exercises, you are ready for the static hold workout for the next level.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Exercises	Completed	x
Leaning plank – 1x10sec; 2x30sec		
Supine hollow body hold - 1x10sec; 2x30sec		
Tripod headstand – 1x10sec; 2x30sec		
Full bridge – 1x10sec; 2x15sec		
Frog stand – 1x10 sec; 2x30sec		

Static hold workout for strength level 8

Name: _____ Date: _____

Each exercise has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. If you are new to an exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 2 seconds to each set, each week. Once you can meet the progression standards for all exercises, you are ready for the static hold workout for the next level.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Exercises	Completed	x
Leaning plank – 1x10sec; 2x30sec		
Supine hollow body hold - 1x10sec; 2x30sec		
Frog stand – 1x10 sec; 2x30sec		
Full bridge – 1x10sec; 2x15sec		
Wall handstand – 1x5sec; 2x30sec		
Full bridge with straight legs – 1x5sec; 2x15sec		

Static hold workout for strength level 9

Name: _____ Date: _____

Each exercise has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. If you are new to an exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 2 seconds to each set, each week. Once you can meet the progression standards for all exercises, you are ready for the static hold workout for the next level.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Exercises	Completed	x
Leaning plank – 1x10sec; 2x30sec		
Supine hollow body hold - 1x10sec; 2x30sec		
Frog stand – 1x10 sec; 2x30sec		
Full bridge – 1x10sec; 2x15sec		
Wall handstand – 1x5sec; 2x30sec		
One leg bridge – 1x5sec/side; 2x15sec/side		

Static hold workout for strength level 10

Name: _____ Date: _____

Each exercise has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. If you are new to an exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 2 seconds to each set, each week. Once you can meet the progression standards for all exercises, you are ready for the static hold workout for the next level.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Exercises	Completed	x
Leaning plank – 1x10sec; 2x30sec		
Supine hollow body hold - 1x10sec; 2x30sec		
Frog stand – 1x10 sec; 2x30sec		
One leg bridge – 1x10sec/side; 2x15sec/side		
Wall handstand – 1x5sec; 2x30sec		
One arm bridge – 1x5sec/side; 2x10sec/side		

Static hold workout for strength level 11

Name: _____ Date: _____

Each exercise has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. If you are new to an exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 2 seconds to each set, each week. Once you can meet the progression standards for all exercises, you are ready for the static hold workout for the next level.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Exercises	Completed	x
Leaning plank – 1x10sec; 2x30sec		
Supine hollow body hold - 1x10sec; 2x30sec		
Frog stand – 1x10 sec; 2x30sec		
One leg bridge – 1x10sec/side; 2x15sec/side		
Wall handstand – 1x5sec; 2x30sec		
Gecko bridge – 1x5sec/side; 2x10sec/side		

Static hold workout for strength level 12

Name: _____ Date: _____

Each exercise has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. If you are new to an exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 2 seconds to each set, each week. Once you can meet the progression standards for all exercises, you are ready for the static hold workout for the next level.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Exercises	Completed	x
Leaning plank – 1x10sec; 2x30sec		
Supine hollow body hold - 1x10sec; 2x30sec		
Frog stand – 1x10 sec; 2x30sec		
One leg bridge – 1x10sec/side; 2x15sec/side		
Wall handstand – 1x5sec; 2x30sec		
Gecko bridge – 1x5sec/side; 2x10sec/side		
Partner handstand – 1x5; 2x10		

Horse stance workout

Name: _____ Date: _____

Start with twice per week and build up to performing at least four times per week. Horse stance has three standards – beginner, intermediate, and progression standard. All students are required to build up to at least the progression standard in order to progress through ranks. When you are just learning horse stance, you may not be able to hold it correctly for very long. When you have to come up, shake your legs out and get into horse stance again after a short rest of 1-3 minutes. Each workout, you should gradually add at least a few seconds to your total time in horse stance. Note the number of times you get into horse stance and how long each hold was. Mark below the box if necessary.

For example, if you held horse stance once for 20 seconds, and a second time for 30, you would write – 1x20sec, 1x30sec

For another example, if you held for a minute twice, and once for 45 seconds, you would write – 2x1min, 1x45sec

Exercises	Time	x
5 minute warmup (choice of - light walk, jog, interval training)		
Lower body stretches for 2-5 minutes		
Horse stance – 20 seconds, 2 minutes, 20 minutes		

Cardiovascular workout

Name: _____ Date: _____

Start with twice per week and build up to performing at least four times per week. All students are required to build up to running 2.5 miles in less than 25 minutes. It is recommended to start off with low intensity interval training (walking, jogging, repeat) for at least 2 laps or for at least 5 minutes.

Exercise(s)	Time	x

Primary Progressive Calisthenics Workouts

Full body workout for strength level 1

Name: _____ Date: _____

Each exercise has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the number of reps to aim for. If you are new to an exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 2 repetitions to each set, each week.

The goals for this workout are to meet the progression standard for each work set exercise, and perform the exercises in supersets. A superset is when you perform at least 2 exercises that emphasize different muscle groups, without rest between exercises. Rest at least 1 minute after each superset.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a set of 20 reps, and a set of 18 reps, you would write - 1x20, 1x18

Exercises	Completed	x
Jackknife squats - 1x10; 3x40		
Wall pushups - 1x10; 3x50		
Seated knee tucks - 1x10; 3x40		
Straight pullups - 1x10; 3x40		

Full body workout for strength level 2

Name: _____ Date: _____

Each exercise has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the number of reps to aim for. If you are new to an exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 2 repetitions to each set, each week.

The goals for this workout are to meet the progression standard for each work set exercise, and perform the exercises in supersets. A superset is when you perform at least 2 exercises that emphasize different muscle groups, without rest between exercises. Rest at least 1 minute after each superset.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a set of 20 reps, and a set of 18 reps, you would write - 1x20, 1x18

Exercises	Completed	x
Jackknife squats - 1x10; 3x40		
Wall pushups - 1x10; 3x50		
Flat knee raises - 1x10; 3x35		
Straight pullups - 1x10; 3x40		

Full body workout for strength level 3

Name: _____ Date: _____

Each exercise has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the number of reps to aim for. If you are new to an exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 2 repetitions to each set, each week.

The goals for this workout are to meet the progression standard for each work set exercise, and perform the exercises in supersets. A superset is when you perform at least 2 exercises that emphasize different muscle groups, without rest between exercises. Rest at least 1 minute after each superset.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a set of 20 reps, and a set of 18 reps, you would write - 1x20, 1x18

Exercises	Completed	x
Supported squats - 1x10; 3x30		
Wall pushups - 1x10; 3x50		
Flat bent leg raises - 1x10; 3x30		
Angled pullups - 1x10; 3x35		

Full body workout for strength level 4

Name: _____ Date: _____

Each exercise has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the number of reps to aim for. If you are new to an exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 2 repetitions to each set, each week.

The goals for this workout are to meet the progression standard for each work set exercise, and perform the exercises in supersets. A superset is when you perform at least 2 exercises that emphasize different muscle groups, without rest between exercises. Rest at least 1 minute after each superset.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a set of 20 reps, and a set of 18 reps, you would write - 1x20, 1x18

Exercises	Completed	x
Supported squats - 1x10; 3x30		
Incline pushups - 1x10; 3x40		
One leg flat leg raises – 1x10/side; 2x30/side		
Angled pullups - 1x10; 3x35		

Full body workout for strength level 5

Name: _____ Date: _____

Each exercise has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the number of reps to aim for. If you are new to an exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 2 repetitions to each set, each week.

The goals for this workout are to meet the progression standard for each work set exercise, and perform the exercises in supersets. A superset is when you perform at least 2 exercises that emphasize different muscle groups, without rest between exercises. Rest at least 1 minute after each superset.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a set of 20 reps, and a set of 18 reps, you would write - 1x20, 1x18

Exercises	Completed	x
Supported squats - 1x10; 3x30		
Incline pushups - 1x10; 3x40		
Flat frog raises - 1x10; 3x25		
Australian pullups with bent legs - 1x10; 3x30		

Full body workout for strength level 6

Name: _____ Date: _____

Each exercise has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the number of reps to aim for. If you are new to an exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 2 repetitions to each set, each week.

The goals for this workout are to meet the progression standard for each work set exercise, and perform the exercises in supersets. A superset is when you perform at least 2 exercises that emphasize different muscle groups, without rest between exercises. Rest at least 1 minute after each superset.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a set of 20 reps, and a set of 18 reps, you would write - 1x20, 1x18

Exercises	Completed	x
Supported squats - 1x10; 3x30		
Incline pushups - 1x10; 3x40		
Flat straight leg raises - 1x10; 2x20		
Australian pullups - 1x10; 3x30		

Full body workout for strength level 7

Name: _____ Date: _____

Each exercise has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the number of reps to aim for. If you are new to an exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 2 repetitions to each set, each week.

The goals for this workout are to meet the progression standard for each work set exercise, and perform the exercises in supersets. A superset is when you perform at least 2 exercises that emphasize different muscle groups, without rest between exercises. Rest at least 1 minute after each superset.

Once you meet these goals, you are ready for the next workout. Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a set of 20 reps, and a set of 18 reps, you would write - 1x20, 1x18

Exercises	Completed	x
Supported squats - 1x10; 3x30		
Incline pushups - 1x10; 3x40		
Flat straight leg raises - 1x10; 2x20		
Close underhand grip Australian pullups - 1x10; 3x20		

Full body workout for strength level 8

Name: _____ Date: _____

Each exercise has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the number of reps to aim for. If you are new to an exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 2 repetitions to each set, each week.

The goals for this workout are to meet the progression standard for each work set exercise, and perform the exercises in supersets. A superset is when you perform at least 2 exercises that emphasize different muscle groups, without rest between exercises. Rest at least 1 minute after each superset.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a set of 20 reps, and a set of 18 reps, you would write - 1x20, 1x18

Exercises	Completed	x
Supported squats - 1x10; 3x30		
Incline pushups - 1x10; 3x40		
Flat straight leg raises - 1x10; 2x20		
Leg assisted pullups - 1x10; 3x20		

Progressions for the leg assisted pullups – 1) Only push with the legs through the concentric sticking point. 2) Use a higher bar. 3) Move the feet forward a few inches after you are in position for leg assisted pullups, and perform each pullup from this position. Move your feet at least two inches forward every time you perform this workout, or every other time, until you are basically performing jackknife pullups with bent legs.

Full body workout for strength level 9

Name: _____ Date: _____

Each exercise has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the number of reps to aim for. If you are new to an exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 2 repetitions to each set, each week.

The goals for this workout are to meet the progression standard for each work set exercise, and perform the exercises in supersets. A superset is when you perform at least 2 exercises that emphasize different muscle groups, without rest between exercises. Rest at least 1 minute after each superset.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a set of 20 reps, and a set of 18 reps, you would write - 1x20, 1x18

Exercises	Completed	x
Squats - 1x10; 2x30		
Pushups - 1x10; 2x30		
Hanging knee raises – 1x10; 2x15		
Jackknife pullups with bent legs – 1x5; 3x20		

Progressions for the jackknife pullups with bent legs – 1) Only push with the legs through the concentric sticking point. 3) Move your feet at least two inches forward every time you perform this workout, or every other time. The goal is to perform jackknife pullups with straight legs.

Full body workout for strength level 10

Name: _____ Date: _____

Each exercise has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the number of reps to aim for. If you are new to an exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 2 repetitions to each set, each week.

The goals for this workout are to meet the progression standard for each work set exercise, and perform the exercises in supersets. A superset is when you perform at least 2 exercises that emphasize different muscle groups, without rest between exercises. Rest at least 1 minute after each superset.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a set of 20 reps, and a set of 18 reps, you would write - 1x20, 1x18

Exercises	Completed	x
Squats - 1x10; 2x30		
Pushups - 1x10; 2x30		
Hanging knee raises – 1x10; 2x15		
Jackknife pullups – 1x5; 3x20		

Full body workout for strength level 11

Name: _____ Date: _____

Each exercise has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the number of reps to aim for. If you are new to an exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 2 repetitions to each set, each week.

The goals for this workout are to meet the progression standard for each work set exercise, and perform the exercises in supersets. A superset is when you perform at least 2 exercises that emphasize different muscle groups, without rest between exercises. Rest at least 1 minute after each superset.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a set of 20 reps, and a set of 18 reps, you would write - 1x20, 1x18

Exercises	Completed	x
Squats - 1x10; 2x30		
Pushups - 1x10; 2x30		
Hanging knee raises – 1x10; 2x15		
Close underhand grip jackknife pullups – 1x5; 2x15		

Full body workout for strength level 12

Name: _____ Date: _____

Each exercise has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the number of reps to aim for. If you are new to an exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 2 repetitions to each set, each week.

The goals for this workout are to meet the progression standard for each work set exercise, and perform the exercises in supersets. A superset is when you perform at least 2 exercises that emphasize different muscle groups, without rest between exercises. Rest at least 1 minute after each superset.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a set of 20 reps, and a set of 18 reps, you would write - 1x20, 1x18

Exercises	Completed	x
Squats - 1x10; 2x30		
Pushups - 1x10; 2x30		
Hanging knee raises – 1x10; 2x15		
P ullups – 1x5; 2x10		

Full body workout for strength level 13

Name: _____ Date: _____

Each exercise has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the number of reps to aim for. If you are new to an exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 2 repetitions to each set, each week.

The goals for this workout are to meet a progression standard for each work set exercise, and perform the exercises in supersets. A superset is when you perform at least 2 exercises that emphasize different muscle groups, without rest between exercises. Rest at least 1 minute after each superset.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a set of 20 reps, and a set of 18 reps, you would write - 1x20, 1x18

Warmup Exercises	Completed	x
Close squats - 20		
Close underhand grip pullups in hollow at a slow cadence – 10		

Work Set Exercises	Completed	x
Split squats – 1x10/side; 2x20/side		
Close pushups – 1x10; 2x20		
Reverse frog lifts - 1x5; 2x10		
Commando pullups – 1x3/side; 2x5/side		

Full body workout for strength level 14

Name: _____ Date: _____

Each exercise has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the number of reps to aim for. If you are new to an exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 2 repetitions to each set, each week.

The goals for this workout are to meet the progression standard for each work set exercise, and perform the exercises in supersets. A superset is when you perform at least 2 exercises that emphasize different muscle groups, without rest between exercises. Rest at least 1 minute after each superset.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a set of 20 reps, and a set of 18 reps, you would write - 1x20, 1x18

Warmup Exercises	Completed	x
Close squats - 20		
Close grip pullups – 10		

Work Set Exercises	Completed	x
Raised pistols – 1x10/side; 2x15/side		
Uneven pushups – 1x10/side; 2x20/side		
Reverse frog lifts - 1x5; 2x10		
Uneven pullups – 1x5/side; 2x5/side		

Full body workout for strength level 15

Name: _____ Date: _____

Each exercise has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the number of reps to aim for. If you are new to an exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 2 repetitions to each set, each week.

The goals for this workout are to meet the progression standard for each work set exercise, and perform the exercises in supersets. A superset is when you perform at least 2 exercises that emphasize different muscle groups, without rest between exercises. Rest at least 1 minute after each superset.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a set of 20 reps, and a set of 18 reps, you would write - 1x20, 1x18

Warmup Exercises	Completed	x
Close squats – 20		
Close (diamond) pushups - 20		
Close grip pullups at a slow cadence – 10		

Work Set Exercises	Completed	x
Press pistols – 1x5/side; 2x15/side		
Archer pushups – 1x10/side; 2x20/side		
Frog raise pike lifts - 1x5; 2x10		
Round the worlds – 1x3/side; 2x5/side		

Press pistols involve the use of an object or training apparatus beside the working leg. As you lower, “find” the object with that same side’s hand while maintaining good posture. That hand will help with balance as well as at least a slight pushoff in the upwards phase of the squat. As you improve at press pistols, gradually decrease pushoff with the assisting hand, and/or use progressively lower objects.

Full body workout for strength level 16

Name: _____ Date: _____

Each exercise has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the number of reps to aim for. If you are new to an exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 2 repetitions to each set, each week.

The goals for this workout are to meet the progression standard for each work set exercise, and perform the exercises in supersets. A superset is when you perform at least 2 exercises that emphasize different muscle groups, without rest between exercises. Rest at least 1 minute after each superset.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a set of 20 reps, and a set of 18 reps, you would write - 1x20, 1x18

Warmup Exercises	Completed	x
Close squats – 20		
Close (diamond) pushups - 20		
Close grip pullups at a slow cadence – 10		

Work Set Exercises	Completed	x
Shrimp squats – 1x5/side; 2x10/side		
One arm incline pushups – 1x5/side; 2x12/side		
Pike lifts - 1x5; 2x10		
Archer pullups – 1x3/side; 2x5/side		
Slow asymmetrical pullup eccentrics - 1x3sec/side; 2x5sec/side		

Eccentrics – there is a wide variety of regressions and progressions. The goal is one arm eccentrics.

Full body workout for strength level 17

Name: _____ Date: _____

Each exercise has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the number of reps to aim for. If you are new to an exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 2 repetitions to each set, each week. The goals for this workout are to meet the progression standard for each work set exercise, and perform the exercises in supersets. A superset is when you perform at least 2 exercises that emphasize different muscle groups, without rest between exercises. Rest at least 1 minute after each superset.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a set of 20 reps, and a set of 18 reps, you would write - 1x20, 1x18

Warmup Exercises	Completed	x
Close grip pullups at a slow cadence – 5		
Close squats – 20		
Close (diamond) pushups - 20		
Archer pullups – 3/side		

Work Set Exercises	Completed	x
Pistols – 1x5/side; 2x10/side		
One arm kneeling pushups – 1x5/side; 2x10/side		
Pike lifts - 1x5; 2x10		
Jackknife one arm pullups – 1x3/side; 2x10/side		
Slow asymmetrical pullup eccentrics - 1x3sec/side; 2x5sec/side		

Jackknife one arm pullups – regressions are allowed and encouraged when learning it: a. Self assistance with off hand (placing it on a vertical pole of the pullup unit); b. Bending the knees to allow more leg assistance; c. Partner assistance.

Eccentrics – the goal is one arm eccentrics.

Full body workout for strength level 18

Name: _____ Date: _____

Each exercise has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the number of reps to aim for. If you are new to an exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 2 repetitions to each set, each week.

The goals for this workout are to meet the progression standard for each work set exercise, and perform the exercises in supersets. A superset is when you perform at least 2 exercises that emphasize different muscle groups, without rest between exercises. Rest at least 1 minute after each superset.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a set of 20 reps, and a set of 18 reps, you would write - 1x20, 1x18

Warmup Exercises

Completed

x

Close grip pullups at a slow cadence – 5		
Close squats – 20		
Close (diamond) pushups - 20		
Archer pullups – 3/side		

Work Set Exercises

Completed

x

Press pistols – 1x5/side; 2x15/side		
Tripod pushups – 1x5/side; 2x10/side		
Pike lifts - 1x5; 2x10		
Self assisted one arm pullups – 1x1/side; 2x5/side		
Slow asymmetrical one arm pullup eccentrics - 1x3sec/side; 2x5sec/side		

Note - there is a wide variety of ways to regress and progress the last two exercises.

Skill workout for strength level 1

Name: _____ Date: _____

Prerequisites for this workout:

Able to perform progression standard for each work set exercise in the following workouts -
Full body workout for strength level 9 and Abdominal workout for strength level 6

Each exercise has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the amount of reps or time to aim for. If you are new to an exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 1 second or rep to each set, each week. Spotting is allowed and encouraged with all skills in this workout.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Exercises	Completed	x
3 point hang - 1x10sec; 2x15sec		
Hang under - 1x10sec; 2x15sec		
Wall headstand - 1x10sec; 2x30sec		
Short bridge - 1x10sec; 2x30sec		
Straight arm side plank – 1x10sec/side; 2x30sec/side		

Skill workout for strength level 2

Name: _____ Date: _____

Each exercise has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the amount of reps or time to aim for. If you are new to an exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 1 second or rep to each set, each week. Spotting is allowed and encouraged with all skills in this workout.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup exercises	Completed	x
Hang under - 2x15sec		
Short bridge - 2x15sec		

Work set exercises	Completed	x
3 point hang - 1x10sec; 2x15sec		
German drop – 1x5 reps; 2x7 reps		
Tripod headstand - 1x10sec; 2x30sec		
Tabletop - 1x10sec; 2x15sec		
Straight arm side plank – 1x10sec/side; 2x30sec/side		

Skill workout for strength level 3

Name: _____ Date: _____

Each exercise has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the amount of reps or time to aim for. If you are new to an exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 1 second or rep to each set, each week. Spotting is allowed and encouraged with all skills in this workout.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup exercises

Completed

x

Hang under - 2x15sec		
Tabletop - 2x15sec		

Work set exercises

Completed

x

3 point hang - 1x10sec; 2x15sec		
German drop – 1x5 reps; 2x7 reps		
Tripod headstand - 1x10sec; 2x30sec		
Straight bridge - 1x10sec; 2x15sec		
Bent arm side plank – 1x10sec/side; 2x30sec/side		

Skill workout for strength level 4

Name: _____ Date: _____

Each exercise has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the amount of reps or time to aim for. If you are new to an exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 1 second or rep to each set, each week. Spotting is allowed and encouraged with all skills in this workout.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup exercises	Completed	x
Tripod headstand - 2x30sec		
German drop – 2x5 reps		
Tabletop - 2x15sec		

Work set exercises	Completed	x
3 point hang – 1x5sec/side; 2x15sec/side		
German hang – 1x5 reps; 2x7 reps		
Frog stand - 1x10sec; 1 minute		
Straight bridge pushups - 1x10sec; 2x20		
Bent arm side plank – 1x10sec/side; 2x30sec/side		
Straight bridge pushups – 1x5; 2x20		

Skill workout for strength level 5

Name: _____ Date: _____

Each exercise has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the amount of reps or time to aim for. If you are new to an exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 1 second or rep to each set, each week. Spotting is allowed and encouraged with all skills in this workout.

When you can perform the training goal for head bridge pushups, you are ready for full bridge pushups. The beginner goal for full bridge pushups is 1x10; the training goal is 2x15. When you meet the training goal for full bridge pushups, you are ready to work towards the training goal for the full bridge hold, which is 2x15 seconds.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup supersets

Completed

x

Tripod headstand - 2x30sec		
German drop – 2x5		
Straight bridge pushups - 2x5		

Work set exercises

Completed

x

One leg inverse front lever – 1x5sec/side; 2x15sec/side		
Strict "skin the cat" – 1x1; 2x4		
Wall handstand - 1x10sec; 2x1 minute		
Wall bridge - 1x10sec; 2x15sec		
One leg side plank – 1x10sec/side; 2x30sec/side		

Skill workout for strength level 6

Name: _____ Date: _____

Each exercise has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the amount of reps or time to aim for. If you are new to an exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 1 second or rep to each set, each week. Spotting is allowed and encouraged with all skills in this workout. When you meet the training goal for full bridge pushups, you are ready to work towards the training goal for the full bridge hold, which is 2x15 seconds.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup supersets

Completed

x

Tripod headstand - 2x30sec		
Strict "skin the cat" – 2x4		
Straight bridge pushups - 2x5		

Work set exercises

Completed

x

Inverse front lever – 1x5sec; 2x15sec		
Inverse pike – 1x5sec; 2x15sec		
Wall handstand - 1x10sec; 2x1 minute		
Head bridge – 1x10sec; 2x30sec		
One leg side plank – 1x10sec/side; 2x30sec/side		

Skill workout for strength level 7

Name: _____ Date: _____

Each exercise has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the amount of reps or time to aim for. If you are new to an exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 1 second or rep to each set, each week. Spotting is allowed and encouraged with all skills in this workout.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup exercises

Completed

x

Strict "skin the cat" – 2x4		
Straight bridge pushups - 10		

Work set exercises

Completed

x

Inverse front lever – 1x5sec; 2x15sec		
Inverse back lever – 1x5sec; 2x15sec		
Wall kick-aways - 1x5; 2x5		
Head bridge pushups - 1x10; 2x25		
One leg side plank – 1x10sec/side; 2x30sec/side		
Wall headstand – 2x1 minute		

Skill workout for strength level 8

Name: _____ Date: _____

Each exercise has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the amount of reps or time to aim for. If you are new to an exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 1 second or rep to each set, each week. Spotting is allowed and encouraged with all skills in this workout.

The clutch hold is the setup for all clutch flags.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup exercises

Completed

x

Strict "skin the cat" – 2x4		
Head bridge pushups - 10		
One leg side plank – 30sec/side		

Work set exercises

Completed

x

Wall headstand – 2x1 minute		
Inverse front lever – 1x5sec; 2x15sec		
Inverse back lever drill – 1x5; 2x10		
Wall kick-aways – 1x5; 2x5		
Full bridge - 1x10sec; 2x15sec		
Clutch hold – 1x2sec/side; 2x5sec/side		

Skill workout for strength level 9

Name: _____ Date: _____

Each exercise has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the amount of reps or time to aim for. If you are new to an exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 1 second or rep to each set, each week. Spotting is allowed and encouraged with all skills in this workout.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup superset

Completed

x

Strict "skin the cat" – 2x5		
Full bridge - 2x15sec		

Work set exercises

Completed

x

Wall handstand – 2x1 minute		
Tuck front lever – 1x5sec; 2x15sec		
Diagonal back lever – 1x5sec; 2x15sec		
Wall kick-aways - 1x5; 2x5		
One leg bridge – 1x10sec/side; 2x15sec/side		
Diagonal clutch flag – 1x2sec/side; 2x5sec/side		

Skill workout for strength level 10

Name: _____ Date: _____

Each exercise has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the amount of reps or time to aim for. If you are new to an exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 1 second or rep to each set, each week. Spotting is allowed and encouraged with all skills in this workout.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup exercises

Completed

x

Strict "skin the cat" – 2x4		
Full bridge – 2x15sec		
One leg bridge – 15sec/side		

Work set exercises

Completed

x

Wall handstand – 2x1 minute		
Inverse front lever drill – 1x5; 2x15		
Diagonal back lever drill – 1x5; 2x15		
Wall kick-aways – 1x5; 2x5		
One arm bridge – 1x10sec/side; 2x15sec/side		
Diagonal clutch flag – 1x2sec/side; 2x5sec/side		

Skill workout for strength level 11

Name: _____ Date: _____

Each exercise has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the amount of reps or time to aim for. If you are new to an exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 1 second or rep to each set, each week. Spotting is allowed and encouraged with all skills in this workout.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup exercises

Completed

x

Strict "skin the cat" – 2x4		
Full bridge – 2x15sec		
One leg bridge – 15sec/side		

Work set exercises

Completed

x

Wall handstand – 2x1 minute		
Diagonal front lever drill – 1x5; 2x15		
Tuck back lever performed as a movement – 1x5; 2x10		
Wall kick-aways – 1x5; 2x5		
Gecko bridge – 1x10sec/side; 2x15sec/side		
Diagonal clutch flag – 1x2sec/side; 2x5sec/side		

Skill workout for strength level 12

Name: _____ Date: _____

Each exercise has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the amount of reps or time to aim for. If you are new to an exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 1 second or rep to each set, each week. Spotting is allowed and encouraged with all skills in this workout.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup exercises

Completed

x

Strict "skin the cat" – 2x4		
Full bridge – 2x15sec		
One leg bridge – 15sec/side		

Work set exercises

Completed

x

Wall handstand – 2x1 minute		
Diagonal front lever – 1x5; 2x10sec		
Tuck back lever – 1x5sec; 2x10sec		
Wall kick-aways – 1x5; 2x5		
Gecko bridge – 1x10sec/side; 2x15sec/side		
Diagonal clutch flag – 1x2sec/side; 2x5sec/side		

Skill workout for strength level 13

Name: _____ Date: _____

Each exercise has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the amount of reps or time to aim for. If you are new to an exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 1 second or rep to each set, each week. Spotting is allowed and encouraged with all skills in this workout.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup supersets

Completed

x

Strict "skin the cat" – 2x4		
Full bridge – 2x30sec		
Wall handstand – 2x1 minute		
One leg bridge – 2x10sec/side		

Work set exercises

Completed

x

Straddle front lever negatives – 1x5; 2x5		
Straddle back lever negatives – 1x5; 2x5		
Wall walking down and up – 1x3; 2x5		
Crown point, T-lever, handstand, back to lunge – 1x5; 2x5		
Self assisted bridge kickover – 1x3; 2x5		
Diagonal clutch flag – 1x2sec/side; 2x5sec/side		

Skill workout for strength level 14

Name: _____ Date: _____

Each exercise has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the amount of reps or time to aim for. If you are new to an exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 1 second or rep to each set, each week. Spotting is allowed and encouraged with all skills in this workout.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

If you are having trouble locking down the form for the straddle front lever and straddle back lever, use a tucked leg regression. Get into the tuck position, slowly straighten out the legs into the straddle position, and return to the tuck position. Build up to doing this 2x5 times for each lever. A second regression is straightening out one leg at a time and then switching legs.

Warmup supersets

	Completed	x
German hang - 2x15sec		
Full bridge – 2x30sec		
Wall handstand – 2x1 minute		
One leg bridge – 2x10sec/side		

Work set exercises

	Completed	x
Straddle front lever – 2x1sec; 2x5sec		
Straddle back lever – 2x1sec; 2x5sec		
Backbend and recovery – 1x5; 2x5		
Crown point, T-lever, handstand, back to lunge – 1x5; 2x5		
Self assisted or incline bridge kickover – 1x3; 2x5		
Diagonal clutch flag – 1x2sec/side; 2x5sec/side		

Skill workout for strength level 15

Name: _____ Date: _____

Each exercise has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the amount of reps or time to aim for. If you are new to an exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 1 second or rep to each set, each week. Spotting is allowed and encouraged with all skills in this workout.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup supersets	Completed	x
German hang - 2x15sec		
Full bridge – 2x30sec		
Wall handstand – 2x1 minute		
One leg bridge – 2x10sec/side		

Work set exercises	Completed	x
Bent leg front lever negatives – 1x5; 2x5		
Bent leg back lever negatives – 1x5; 2x5		
Backbend and recovery – 1x5; 2x5		
Crown point, T-lever, handstand, back to lunge – 1x5; 2x5		
Self assisted or incline bridge kickover – 1x3; 2x5		
Diagonal clutch flag – 1x2sec/side; 2x5sec/side		

Skill workout for strength level 16

Name: _____ Date: _____

Each exercise has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the amount of reps or time to aim for. If you are new to an exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 1 second or rep to each set, each week. Spotting is allowed and encouraged with all skills in this workout.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

If you are having trouble locking down the form for bent leg front lever and bent leg front lever, work with the following regressions. From a tuck position, transition into the bent leg position, and return. Perform this for repetitions or short holds in the bent leg position.

Warmup supersets

Completed

x

German hang - 2x15sec		
Full bridge – 2x30sec		
Wall handstand – 2x1 minute		
One leg bridge – 2x10sec/side		

Work set exercises

Completed

x

Bent leg front lever – 1x5/leg; 2x5/leg		
Bent leg back lever – 1x5/leg; 2x5/leg		
Backbend and recovery – 1x5; 2x5		
Crown point, T-lever, handstand, back to lunge – 1x5; 2x5		
Self assisted or incline bridge kickover – 1x3; 2x5		
Diagonal clutch flag – 1x2sec/side; 2x5sec/side		

Skill workout for strength level 17

Name: _____ Date: _____

Each exercise has a beginner goal and a training goal beside it. The 1st number in each goal is the number of sets, and the 2nd number is the amount of reps or time to aim for. Don't rush or cheat - use good form! If you are new to an exercise, start with the beginner goal, and add a set the next time you perform the workout. Try to add at least 1 second or rep to each set, each week. Spotting is allowed and encouraged with all skills in this workout. Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

If you are having trouble locking down the form for one leg front lever and one leg front lever, work with at least one of the following regressions. 1) From an inverse position, perform slow negatives on each side. Descend as low as you can while keeping your form locked in. Build up to 2x5 slow negatives on each side. 2) From a tucked position, straighten out one leg, hold for at least 1 second, then switch. Perform this for repetitions or short holds in the one leg front lever position. Work both sides equally.

Warmup supersets	Completed	x
German hang - 2x15sec		
Full bridge – 2x30sec		
Wall handstand – 2x1 minute		
One leg bridge – 2x10sec/side		

Work set exercises	Completed	x
One leg front lever – 1x5sec; 2x7sec		
One leg back lever – 1x5sec; 2x5sec		
Backbend and recovery – 1x5; 2x5		
Crown point, T-lever, handstand, back to lunge – 1x5; 2x5		
Bridge kickover – 1x3; 2x5		
Diagonal clutch flag – 1x2sec/side; 2x5sec/side		

Skill workout for strength level 18

Name: _____ Date: _____

Each exercise has a beginner goal and a training goal beside it. The 1st number in each goal is the number of sets, and the 2nd number is the amount of reps or time to aim for. Don't rush or cheat - use good form! If you are new to an exercise, start with the beginner goal, and add a set the next time you perform the workout. Try to add at least 1 second or rep to each set, each week. Spotting is allowed and encouraged with all skills in this workout.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Regressions, prerequisites, and recommendations for front lever and back lever on the next page.

Warmup supersets

Completed

x

German hang - 2x15sec		
Full bridge – 2x30sec		
Wall handstand – 2x1 minute		
One leg bridge – 2x10sec/side		

Work set exercises

Completed

x

Front lever – 1x3sec; 2x5sec		
Back lever – 1x3sec; 2x5sec		
Backbend and recovery – 1x5; 2x5		
Crown point, T-lever, handstand, back to lunge – 1x5; 2x5		
Bridge kickover – 1x3; 2x5		
Diagonal clutch flag – 1x2sec/side; 2x5sec/side		

Regressions for full front lever and full back lever

The full front lever is an extremely advanced hold that can take years to achieve. If you are having trouble locking down the form for front lever and/or back lever, work with at least one of the following regressions. It bears repeating that form is number one priority; do not sacrifice form in order to hold any position longer. Frequent practice + practicing “fresh” = success. This can be applied to many skills and exercises.

- 1) From an inverse position, perform slow negatives. Descend as low as you can while keeping your form locked in. Build up to 2x5 slow negatives.
- 2) From a tucked or bent leg position, straighten out one leg, then the other, and hold for at least 1 second. Perform this for repetitions or short holds in the front lever position.
- 3) From a straddle position, bring your feet at least one or two inches closer together and hold for time. Gradually work towards bringing the feet together.
- 4) Front lever specific – from a dead hang, perform front lever positives. Build up to 2x5 reps.
- 5) Back lever specific – from a German hang or inverse pike, perform back lever positives. Build up to 2x5 reps.

A few prerequisites for full front lever and full back lever:

Consistent training in easier movements

Comfort in the German hang

Being able to perform 8-10 strict “skin the cats” smoothly and slowly

Proficiency in the midsection hold progression

Recommendations:

- 1) Design workouts around front lever and/or back lever as the primary exercise(s).
- 2) Train consistently in order to progress consistently.
- 3) Regularly test your abilities in the progressions you are aiming to move up in, and make changes to your workouts and training goals accordingly. For a static progression, such as back lever, find the hardest exercise that you can hold in good form for at least 2 seconds. Reduce the intensity to 50-80% of this. This may be achieved by regressing a hold or using a hold that is earlier in the progression. You will want to work with the resulting exercise 3 or 4 times per week for 2 to 3 months. Aim for a total of 60 seconds of practice of this exercise each time that you practice it. For instance, you might do 3 holds of 20 seconds each, or 1 hold of 20 seconds, a hold of 15, a hold of 10, and a hold of 5.

Some ideas borrowed from -

<http://functionallymad.com/so-you-want-to-do-a-back-lever.html>

Upper body workout for strength level 1

Name: _____ Date: _____

Prerequisites for this workout:

Able to perform progression standard for each work set exercise in the following workouts -
Skill workout for strength level 5, Full body workout for strength level 13, and
Abdominal workout for strength level 5

Each work set exercise has a beginner goal and a training goal beside it. The 1st number in each goal is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. Don't rush or cheat - use good form! If you are new to an exercise, start with the beginner goal, and add a set the next time you perform the workout. Try to add at least 2 repetitions or seconds (depending on the exercise), to each set, each week.

The goal for this workout is to meet the training goal for each work set exercise. Always make sure you are warmed up before performing this workout.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Work set exercises	Completed	x
Pike pushups - 1x5; 2x20		
Straight pullups – 1x10; 3x40		

Upper body workout for strength level 2

Name: _____ Date: _____

Each work set exercise has a beginner goal and a training goal beside it. The 1st number in each goal is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. Don't rush or cheat - use good form! If you are new to an exercise, start with the beginner goal, and add a set the next time you perform the workout. Try to add at least 2 repetitions or seconds (depending on the exercise), to each set, each week.

The goal for this workout is to meet the training goal for each work set exercise. Always make sure you are warmed up before performing this workout.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Work set exercises	Completed	x
Elevated pike pushups – 1x10; 2x20		
Angled pullups – 1x10; 3x30		
Bent dips – 1x10; 2x20		

Upper body workout for strength level 3

Name: _____ Date: _____

Each work set exercise has a beginner goal and a training goal beside it. The 1st number in each goal is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. Don't rush or cheat - use good form! If you are new to an exercise, start with the beginner goal, and add a set the next time you perform the workout. Try to add at least 2 repetitions or seconds (depending on the exercise), to each set, each week.

The goal for this workout is to meet the training goal for each work set exercise. Always make sure you are warmed up before performing this workout.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Work set exercises	Completed	x
Elevated pike pushups – 1x10; 2x20		
Angled pullups – 1x10; 3x30		
Straight dips – 1x10; 2x20		

Upper body workout for strength level 4

Name: _____ Date: _____

Each work set exercise has a beginner goal and a training goal beside it. The 1st number in each goal is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. Don't rush or cheat - use good form! If you are new to an exercise, start with the beginner goal, and add a set the next time you perform the workout. Try to add at least 2 repetitions or seconds (depending on the exercise), to each set, each week.

The goal for this workout is to meet the training goal for each work set exercise. Always make sure you are warmed up before performing this workout.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Work set exercises	Completed	x
Elevated pike pushups – 1x10; 2x20		
Angled pullups – 1x10; 3x30		
Jackknife pushup hold (90°) - 1x5sec; 2x30sec		
Australian pullup dead hang – 1x10sec; 4x30sec		
Feet elevated dips – 1x10; 2x20		

Upper body workout for strength level 5

Name: _____ Date: _____

Each work set exercise has a beginner goal and a training goal beside it. The 1st number in each goal is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. Don't rush or cheat - use good form! If you are new to an exercise, start with the beginner goal, and add a set the next time you perform the workout. Try to add at least 2 repetitions or seconds (depending on the exercise), to each set, each week.

The goal for this workout is to meet the training goal for each work set exercise. Always make sure you are warmed up before performing this workout.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup exercises**Completed****x**

Pike pushups - 10		
Australian bar hang - 15sec		

Work set exercises**Completed****x**

Jackknife pushups (90°) - 1x5; 2x20		
Australian pullups – 1x10; 3x30		
Feet elevated dips – 1x10; 2x20		

Progressing with Australian pullups – the training goal of 3x30 goal is indeed difficult and may take several months to achieve. A regression is using bent legs. Work with this regression if desired and build up to 2 sets of 15 or more. Then, build up to 2 sets of 15 Australian pullups with straight legs, and you will be ready to start experimenting with a toughener, “drop sets”, and “rest-pause sets”. A toughener for Australian pullups is to perform them with a close, underhand grip. A drop set is when you perform a maximal set of an exercise, then perform that exercise at a lower intensity. For example, perform close underhand grip Australian pullups, then a shoulderwidth wide grip set, then a set with bent legs. A rest pause set is when you perform a maximal set of an exercise, then rest for upwards of 10-15 seconds, then pump out at least a few more reps. These ideas may be combined for “rest pause drop sets” if needed. “Zero rest drop sets” are the goal.

Upper body workout for strength level 6

Name: _____ Date: _____

Each work set exercise has a beginner goal and a training goal beside it. The 1st number in each goal is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. Don't rush or cheat - use good form! If you are new to an exercise, start with the beginner goal, and add a set the next time you perform the workout. Try to add at least 2 repetitions or seconds (depending on the exercise), to each set, each week.

The goal for this workout is to meet the training goal for each work set exercise. Always make sure you are warmed up before performing this workout.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup exercises

Completed

x

Pike pushups - 15		
Australian bar hang - 15sec		

Work set exercises

Completed

x

Decline pushups - 1x5; 2x20		
Australian pullups – 1x10; 3x30		
Self assisted parallel dips – 1x5; 2x15		

Progressing with Australian pullups – the training goal of 3x30 goal is indeed difficult and may take several months to achieve. A regression is using bent legs. Work with this regression if desired and build up to 2 sets of 15 or more. Then, build up to 2 sets of 15 Australian pullups with straight legs, and you will be ready to start experimenting with a toughener, “drop sets”, and “rest-pause sets”. A toughener for Australian pullups is to perform them with a close, underhand grip. A drop set is when you perform a maximal set of an exercise, then perform that exercise at a lower intensity. For example, perform close underhand grip Australian pullups, then a shoulderwidth wide grip set, then a set with bent legs. A rest pause set is when you perform a maximal set of an exercise, then rest for upwards of 10-15 seconds, then pump out at least a few more reps. These ideas may be combined for “rest pause drop sets” if needed. “Zero rest drop sets” are the goal.

Upper body workout for strength level 7

Name: _____ Date: _____

Each work set exercise has a beginner goal and a training goal beside it. The 1st number in each goal is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. Don't rush or cheat - use good form! If you are new to an exercise, start with the beginner goal, and add a set the next time you perform the workout. Try to add at least 2 repetitions or seconds (depending on the exercise), to each set, each week.

The goal for this workout is to meet the training goal for each work set exercise. Always make sure you are warmed up before performing this workout.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup exercises

Completed

x

Pike pushups - 15		
Australian bar hang - 15sec		

Work set exercises

Completed

x

Marion pushups - 1x5; 2x20		
Australian pullups – 1x10; 3x30		
Self assisted parallel dips – 1x5; 2x10		

Progressing with Australian pullups – the training goal of 3x30 goal is indeed difficult and may take several months to achieve. A regression is using bent legs. Work with this regression if desired and build up to 2 sets of 15 or more. Then, build up to 2 sets of 15 Australian pullups with straight legs, and you will be ready to start experimenting with a toughener, “drop sets”, and “rest-pause sets”. A toughener for Australian pullups is to perform them with a close, underhand grip. A drop set is when you perform a maximal set of an exercise, then perform that exercise at a lower intensity. For example, perform close underhand grip Australian pullups, then a shoulderwidth wide grip set, then a set with bent legs. A rest pause set is when you perform a maximal set of an exercise, then rest for upwards of 10-15 seconds, then pump out at least a few more reps. These ideas may be combined for “rest pause drop sets” if needed. “Zero rest drop sets” are the goal.

Upper body workout for strength level 8

Name: _____ Date: _____

Each work set exercise has a beginner goal and a training goal beside it. The 1st number in each goal is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. Don't rush or cheat - use good form! If you are new to an exercise, start with the beginner goal, and add a set the next time you perform the workout. Try to add at least 2 repetitions or seconds (depending on the exercise), to each set, each week.

The goal for this workout is to meet the training goal for each work set exercise. Always make sure you are warmed up before performing this workout.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup exercises	Completed	x
Pike pushups - 15		
Australian bar hang - 15sec		
Work set exercises	Completed	x
Wall supported handstand pushups – 1x5; 2x15		
Australian pullups – 1x10; 3x30		
Parallel dips – 1x5; 2x10		

Regression for handstand pushups – partner assistance

Progressing with Australian pullups – the training goal of 3x30 goal is indeed difficult and may take several months to achieve. A regression is using bent legs. Work with this regression if desired and build up to 2 sets of 15 or more. Then, build up to 2 sets of 15 Australian pullups with straight legs, and you will be ready to start experimenting with a toughener, “drop sets”, and “rest-pause sets”. A toughener for Australian pullups is to perform them with a close, underhand grip. A drop set is when you perform a maximal set of an exercise, then perform that exercise at a lower intensity. For example, perform close underhand grip Australian pullups, then a shoulderwidth wide grip set, then a set with bent legs. A rest pause set is when you perform a maximal set of an exercise, then rest for upwards of 10-15 seconds, then pump out at least a few more reps. These ideas may be combined for “rest pause drop sets” if needed. “Zero rest drop sets” are the goal.

Upper body workout for strength level 9

Name: _____ Date: _____

Each work set exercise has a beginner goal and a training goal beside it. The 1st number in each goal is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. Don't rush or cheat - use good form! If you are new to an exercise, start with the beginner goal, and add a set the next time you perform the workout. Try to add at least 2 repetitions or seconds (depending on the exercise), to each set, each week.

The goal for this workout is to meet the training goal for each work set exercise. Always make sure you are warmed up before performing this workout.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup exercises

Completed

x

Jackknife pushups - 15		
Australian bar hang - 15sec		

Work set exercises

Completed

x

Wall supported handstand pushups - 1x5; 2x15		
Australian pullups – 1x10; 3x30		
Parallel dips – 1x5; 2x10		
Clutch hold – 1x2sec/side; 2x5sec/side		

Upper body workout for strength level 10

Name: _____ Date: _____

Each work set exercise has a beginner goal and a training goal beside it. The 1st number in each goal is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. Don't rush or cheat - use good form! If you are new to an exercise, start with the beginner goal, and add a set the next time you perform the workout. Try to add at least 2 repetitions or seconds (depending on the exercise), to each set, each week.

The goal for this workout is to meet the training goal for each work set exercise. Always make sure you are warmed up before performing this workout.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup exercises	Completed	x
Jackknife pushups - 15		
Australian pullups - 15		
Clutch hold – 5sec/side		

Work set exercises	Completed	x
Wall supported handstand pushups (stomach facing) - 1x5; 2x15		
One leg Australian pullups – 1x10; 2x15		
Parallel dips – 1x5; 2x10		
Uneven N hold – 1x5sec; 2x15sec		
Clutch flag – 1x2sec/side; 2x5sec/side		

Upper body workout for strength level 11

Name: _____ Date: _____

Each work set exercise has a beginner goal and a training goal beside it. The 1st number in each goal is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. Don't rush or cheat - use good form! If you are new to an exercise, start with the beginner goal, and add a set the next time you perform the workout. Try to add at least 2 repetitions or seconds (depending on the exercise), to each set, each week.

The goal for this workout is to meet the training goal for each work set exercise. Always make sure you are warmed up before performing this workout.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup exercises	Completed	x
Jackknife pushups - 15		
Australian pullups - 15		
Clutch hold – 5sec/side		

Work set exercises	Completed	x
Wall supported handstand pushups (stomach facing) - 1x5; 2x15		
One leg Australian pullups – 1x10; 2x15		
Parallel dips – 1x5; 2x10		
Raised L hold – 1x5sec; 2x10sec		
Clutch flag – 1x2sec/side; 2x5sec/side		

Upper body workout for strength level 12

Name: _____ Date: _____

Each work set exercise has a beginner goal and a training goal beside it. The 1st number in each goal is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. Don't rush or cheat - use good form! If you are new to an exercise, start with the beginner goal, and add a set the next time you perform the workout. Try to add at least 2 repetitions or seconds (depending on the exercise), to each set, each week.

The goal for this workout is to meet the training goal for each work set exercise. Always make sure you are warmed up before performing this workout.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup exercises	Completed	x
Jackknife pushups - 15		
Close underhand grip Australian pullups at a slow cadence - 15		
Clutch hold – 5sec/side		

Work set exercises	Completed	x
Wall supported handstand pushups (stomach facing) - 1x5; 2x15		
One leg Australian pullups – 1x10; 2x15		
Parallel dips – 1x5; 2x10		
L hold – 1x5sec; 2x10sec		
Clutch flag – 1x2sec/side; 2x5sec/side		

Upper body workout for strength level 13

Name: _____ Date: _____

Each work set exercise has a beginner goal and a training goal beside it. The 1st number in each goal is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. Don't rush or cheat - use good form! If you are new to an exercise, start with the beginner goal, and add a set the next time you perform the workout. Try to add at least 2 repetitions or seconds (depending on the exercise), to each set, each week.

The goal for this workout is to meet the training goal for each work set exercise. Always make sure you are warmed up before performing this workout.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup exercises	Completed	x
Raised L hold – 15 sec		
Jackknife pushups - 15		
Close underhand grip Australian pullups at a slow cadence - 15		
Clutch hold – 5sec/side		

Work set exercises	Completed	x
Wall supported handstand pushups (stomach facing) - 1x5; 2x15		
One leg Australian pullups – 1x10; 2x15		
Parallel dips in L hold – 1x5; 2x10		
Clutch flag – 1x2sec/side; 2x5sec/side		

Upper body workout for strength level 14

Name: _____ Date: _____

Each work set exercise has a beginner goal and a training goal beside it. The 1st number in each goal is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. Don't rush or cheat - use good form! If you are new to an exercise, start with the beginner goal, and add a set the next time you perform the workout. Try to add at least 2 repetitions or seconds (depending on the exercise), to each set, each week.

The goal for this workout is to meet the training goal for each work set exercise. Always make sure you are warmed up before performing this workout.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup exercises	Completed	x
Jackknife pushups - 15		
Close underhand grip Australian pullups at a slow cadence - 15		
Clutch hold – 5sec/side		

Work set exercises	Completed	x
Close handstand pushups (against wall) - 1x5; 2x12		
Archer Australian pullups – 1x5/side; 2x15/side		
Horizontal bar dips – 1x5; 2x10		
L-hold – 1x5sec; 2x10sec		
Tuck clutch flag – 1x2sec/side; 2x5sec/side		

Upper body workout for strength level 15

Name: _____ Date: _____

Each work set exercise has a beginner goal and a training goal beside it. The 1st number in each goal is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. Don't rush or cheat - use good form! If you are new to an exercise, start with the beginner goal, and add a set the next time you perform the workout. Try to add at least 2 repetitions or seconds (depending on the exercise), to each set, each week.

The goal for this workout is to meet the training goal for each work set exercise. Always make sure you are warmed up before performing this workout.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup exercises	Completed	x
Jackknife pushups - 15		
Close underhand grip Australian pullups at a slow cadence - 15		
Clutch hold – 5sec/side		

Work set exercises	Completed	x
Uneven handstand pushups (against wall) – 1x5/side; 2x12/side		
Archer Australian pullups – 1x5/side; 2x15/side		
Horizontal bar dips – 1x5; 2x10		
L-hold – 1x5sec; 2x10sec		
Tuck clutch flag – 1x2sec/side; 2x5sec/side		

Upper body workout for strength level 16

Name: _____ Date: _____

Each work set exercise has a beginner goal and a training goal beside it. The 1st number in each goal is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. Don't rush or cheat - use good form! If you are new to an exercise, start with the beginner goal, and add a set the next time you perform the workout. Try to add at least 2 repetitions or seconds (depending on the exercise), to each set, each week.

The goal for this workout is to meet the training goal for each work set exercise. Always make sure you are warmed up before performing this workout.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup exercises	Completed	x
Jackknife pushups - 15		
Close underhand grip Australian pullups at a slow cadence - 15		
Clutch hold – 5sec/side		

Work set exercises	Completed	x
Uneven handstand pushups (against wall) – 1x5/side; 2x12/side		
Archer Australian pullups – 1x5/side; 2x15/side		
Horizontal bar dips – 1x5; 2x10		
L-hold – 1x5sec; 2x10sec		
Uneven clutch flag – 1x2sec/side; 2x5sec/side		

Upper body workout for strength level 17

Name: _____ Date: _____

Each work set exercise has a beginner goal and a training goal beside it. The 1st number in each goal is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. Don't rush or cheat - use good form! If you are new to an exercise, start with the beginner goal, and add a set the next time you perform the workout. Try to add at least 2 repetitions or seconds (depending on the exercise), to each set, each week.

The goal for this workout is to meet the training goal for each work set exercise. Always make sure you are warmed up before performing this workout.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup exercises

Completed

x

Handstand pushups - 10		
Close underhand grip Australian pullups at a slow cadence - 15		
Clutch hold – 5sec/side		

Work set exercises

Completed

x

Full handstand pushups (against wall) – 2x1; 2x7		
One arm Australian pullups – 2x1/side; 2x5/side		
Horizontal bar dips – 1x5; 2x10		
L-hold – 1x5sec; 2x10sec		
Clutch flag – 1x2sec/side; 2x5sec/side		
Jumping or kipping muscleups – 2x1; 2x7		

Regressions for one arm Australian pullups – bent legs, straddle, higher bar, self assistance, partner assistance

Upper body workout for strength level 18

Name: _____ Date: _____

Each work set exercise has a beginner goal and a training goal beside it. The 1st number in each goal is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. Don't rush or cheat - use good form! If you are new to an exercise, start with the beginner goal, and add a set the next time you perform the workout. Try to add at least 2 repetitions or seconds (depending on the exercise), to each set, each week.

The goal for this workout is to meet the training goal for each work set exercise. Always make sure you are warmed up before performing this workout.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup exercises

Completed

x

Handstand pushups - 10		
Close underhand grip Australian pullups at a slow cadence - 15		
Clutch hold – 5sec/side		

Work set exercises

Completed

x

Full handstand pushups (against wall) – 2x1; 2x7		
One arm Australian pullups – 2x1/side; 2x5/side		
Horizontal bar dips – 1x5; 2x10		
L-hold – 1x5sec; 2x10sec		
Press hold – 1x2sec/side; 2x5sec/side		
Jumping or kipping muscleups – 2x1; 2x7		

Regressions for one arm Australian pullups – bent legs, straddle, higher bar, self assistance, partner assistance

Regression for press hold – higher hand holding onto overhead bar

Abdominal workout for strength level 1

Name: _____ Date: _____

Each exercise has a beginner goal and a training goal beside it. The 1st number in each goal is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. Don't rush or cheat - use good form! If you are new to an exercise, start with the beginner goal, and add a set the next time you perform the workout. Try to add at least 2 repetitions or seconds (depending on the exercise), to each set, each week.

The goals for this workout are to meet a training goal for each exercise, and perform the exercises in supersets. A superset is when you perform at least 2 exercises that emphasize different muscle groups, without rest between exercises. Rest at least 1 minute after each superset.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Exercises	Completed	x
Stretches, 15-20sec each (twists; seal stretch; forward, back & side bends)		
Leaning plank - 1x10sec; 1 minute		
Supine hollow body hold - 1x10sec; 2x30sec		
Lying single leg raise - 1x10 reps/side; 3x15 reps/side		

Abdominal workout for strength level 2

Name: _____ Date: _____

Each work set exercise has a beginner goal and a training goal beside it. The 1st number in each goal is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. Don't rush or cheat - use good form! If you are new to an exercise, start with the beginner goal, and add a set the next time you perform the workout. Try to add at least 2 repetitions or seconds (depending on the exercise), to each set, each week.

The goals for this workout are to meet the training goal for each work set exercise, and perform the exercises in supersets. A superset is when you perform at least 2 exercises that emphasize different muscle groups, without rest between exercises. Rest at least 1 minute after each superset.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup exercises	Completed	x
Stretches, 15-20sec each (twists; seal stretch; forward, back & side bends)		
Leaning plank - 30sec		
Supine hollow body hold - 15sec		
Lying single leg raise - 10 reps/side		

Work set exercises	Completed	x
Straight arm side plank - 1x10sec/side; 1 minute each side		
V-up hold - 1x10sec; 2x15sec		
Crossovers - 1x10/side; 2x10/side		
Lying knee raises - 1x10; 2x30		

Abdominal workout for strength level 3

Name: _____ Date: _____

Each work set exercise has a beginner goal and a training goal beside it. The 1st number in each goal is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. Don't rush or cheat - use good form! If you are new to an exercise, start with the beginner goal, and add a set the next time you perform the workout. Try to add at least 2 repetitions or seconds (depending on the exercise), to each set, each week.

The goals for this workout are to meet the training goal for each work set exercise, and perform the exercises in supersets. A superset is when you perform at least 2 exercises that emphasize different muscle groups, without rest between exercises. Rest at least 1 minute after each superset.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup exercises	Completed	x
Stretches, 15-20sec each (twists; seal stretch; forward, back & side bends)		
Leaning plank - 30sec		
Supine hollow body hold - 15sec		
Lying single leg raise - 10 reps/side		

Work set exercises	Completed	x
Straight arm side plank - 1x10sec/side; 1 minute each side		
Bent leg hold - 1x10sec; 2x15sec		
Bicycles - 10; work up to 50		
Lying knee raises - 1x10; 2x30		

Abdominal workout for strength level 4

Name: _____ Date: _____

Each work set exercise has a beginner goal and a training goal beside it. The 1st number in each goal is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. Don't rush or cheat - use good form! If you are new to an exercise, start with the beginner goal, and add a set the next time you perform the workout. Try to add at least 2 repetitions or seconds (depending on the exercise), to each set, each week.

The goals for this workout are to meet the training goal for each work set exercise, and perform the exercises in supersets. A superset is when you perform at least 2 exercises that emphasize different muscle groups, without rest between exercises. Rest at least 1 minute after each superset.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup exercises	Completed	x
Stretches, 15-20sec each (twists; seal stretch; forward, back & side bends)		
Straight arm side plank - 30sec/side		
Supine hollow body hold - 15sec		
Lying one leg raises - 10 reps/side		

Work set exercises	Completed	x
Bent arm plank - 1x10sec; 1 minute		
Bent leg hold - 1x10sec; 2x15sec		
Straight leg and arm crossover - 1x10/side; 2x10/side		
Lying straight leg raises - 1x10; 2x20		

Abdominal workout for strength level 5

Name: _____ Date: _____

Each work set exercise has a beginner goal and a training goal beside it. The 1st number in each goal is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. Don't rush or cheat - use good form! If you are new to an exercise, start with the beginner goal, and add a set the next time you perform the workout. Try to add at least 2 repetitions or seconds (depending on the exercise), to each set, each week.

The goals for this workout are to meet the training goal for each work set exercise, and perform the exercises in supersets. A superset is when you perform at least 2 exercises that emphasize different muscle groups, without rest between exercises. Rest at least 1 minute after each superset.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup exercises	Completed	x
Stretches, 15-20sec each (twists; seal stretch; forward, back & side bends)		
One leg plank – 15sec/side		
Lying knee raises - 10 reps		

Work set exercises	Completed	x
One arm plank - 1x10sec/side; 1 minute/side		
Bent arm side plank - 1x10sec; 1 minute		
Raised tuck hold - 1x10sec; 2x15sec		
Lying straight leg raises - 1x10; 2x20		

Abdominal workout for strength level 6

Name: _____ Date: _____

Each work set exercise has a beginner goal and a training goal beside it. The 1st number in each goal is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. Don't rush or cheat - use good form! If you are new to an exercise, start with the beginner goal, and add a set the next time you perform the workout. Try to add at least 2 repetitions or seconds (depending on the exercise), to each set, each week.

The goals for this workout are to meet the training goal for each work set exercise, and perform the exercises in supersets. A superset is when you perform at least 2 exercises that emphasize different muscle groups, without rest between exercises. Rest at least 1 minute after each superset.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup exercises	Completed	x
Stretches, 15-20sec each (twists; seal stretch; forward, back & side bends)		
One arm plank - 15sec		
Lying knee raises - 10 reps		

Work set exercises	Completed	x
Gecko plank - 1x10sec each way; 1 minute each way		
Bent arm side plank - 1x10sec; 1 minute		
Raised tuck hold - 1x10sec; 2x15sec		
Lying straight leg raises - 1x10; 2x20		
Grounded wipers - 1x10; 2x15		

Abdominal workout for strength level 7

Name: _____ Date: _____

Each work set exercise has a beginner goal and a training goal beside it. The 1st number in each goal is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. Don't rush or cheat - use good form! If you are new to an exercise, start with the beginner goal, and add a set the next time you perform the workout. Try to add at least 2 repetitions or seconds (depending on the exercise), to each set, each week.

The goals for this workout are to meet the training goal for each work set exercise, and perform the exercises in supersets. A superset is when you perform at least 2 exercises that emphasize different muscle groups, without rest between exercises. Rest at least 1 minute after each superset.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup exercises	Completed	x
Stretches, 15-20sec each (twists; seal stretch; forward, back & side bends)		
One arm plank – 15sec/side		
Raised N hold - 10sec		
Lying straight leg raises - 10 reps		

Work set exercises	Completed	x
Gecko plank - 1x10sec each way; 1 minute each way		
Bent arm side plank - 1x10sec/side; 1 minute/side		
3 point hang – 1x5sec; 2x15sec		
N hold on floor - 1x5sec; 2x10sec		
Hanging bicycles – 1x10/side; 2x20/side		
Grounded wipers - 1x10/side; 2x15/side		

Abdominal workout for strength level 8

Name: _____ Date: _____

Each work set exercise has a beginner goal and a training goal beside it. The 1st number in each goal is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. Don't rush or cheat - use good form! If you are new to an exercise, start with the beginner goal, and add a set the next time you perform the workout. Try to add at least 2 repetitions or seconds (depending on the exercise), to each set, each week.

The goals for this workout are to meet the training goal for each work set exercise, and perform the exercises in supersets. A superset is when you perform at least 2 exercises that emphasize different muscle groups, without rest between exercises. Rest at least 1 minute after each superset.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup exercises	Completed	x
Stretches, 15-20sec each (twists; seal stretch; forward, back & side bends)		
One arm plank – 15sec/side		
3 point hang - 10sec		
Raised N hold - 10sec		
Lying straight leg raises - 10 reps		

Work set exercises	Completed	x
Gecko plank - 1x10sec each way; 1 minute each way		
Bent arm side plank - 1x10sec/side; 1 minute/side		
Inverse front hang – 1x5sec; 2x15sec		
N hold on floor - 1x5sec; 2x10sec		
Hanging bicycles – 1x10/side; 2x20/side		
Grounded wipers - 1x10/side; 2x15/side		

Abdominal workout for strength level 9

Name: _____ Date: _____

Each work set exercise has a beginner goal and a training goal beside it. The 1st number in each goal is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. Don't rush or cheat - use good form! If you are new to an exercise, start with the beginner goal, and add a set the next time you perform the workout. Try to add at least 2 repetitions or seconds (depending on the exercise), to each set, each week. The goals for this workout are to meet the training goal for each work set exercise, and perform the exercises in supersets. A superset is when you perform at least 2 exercises that emphasize different muscle groups, without rest between exercises. Rest at least 1 minute after each superset.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup exercises

Completed

x

Stretches, 15-20sec each (twists; seal stretch; forward, back & side bends)		
One arm plank – 15sec/side		
3 point hang - 10sec		
Lying leg raises - 10 reps		

Work set exercises

Completed

x

Gecko plank - 1x10sec each way; 1 minute each way		
Side plank hip raise - 1x10 reps/side; 2x15 reps/side		
Inverse front hang – 1x5sec; 2x15sec		
Raised uneven N hold - 1x5sec/side; 2x10sec/side		
Hanging knee raises - 1x10; 2x20		
Grounded wipers - 1x10/side; 2x15/side		

Abdominal workout for strength level 10

Name: _____ Date: _____

Each work set exercise has a beginner goal and a training goal beside it. The 1st number in each goal is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. Don't rush or cheat - use good form! If you are new to an exercise, start with the beginner goal, and add a set the next time you perform the workout. Try to add at least 2 repetitions or seconds (depending on the exercise), to each set, each week.

The goals for this workout are to meet the training goal for each work set exercise, and perform the exercises in supersets. A superset is when you perform at least 2 exercises that emphasize different muscle groups, without rest between exercises. Rest at least 1 minute after each superset.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup exercises	Completed	x
Stretches, 15-20sec each (twists; seal stretch; forward, back & side bends)		
One arm plank – 15sec/side		
Raised uneven N hold – 10sec/side		
Hanging knee raises - 10 reps		

Work set exercises	Completed	x
Wall plank - 1x10sec; 2x15sec		
One leg side plank – 1x10sec/side; 2x20sec/side		
Curled tuck front lever – 1x5sec; 2x10sec		
Uneven N hold on floor - 1x10sec/side; 2x15sec/side		
Hanging frog raises - 1x7; 2x10		
Washing machine – 1x5; 2x10		

Abdominal workout for strength level 11

Name: _____ Date: _____

Each work set exercise has a beginner goal and a training goal beside it. The 1st number in each goal is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. Don't rush or cheat - use good form! If you are new to an exercise, start with the beginner goal, and add a set the next time you perform the workout. Try to add at least 2 repetitions or seconds (depending on the exercise), to each set, each week.

The goals for this workout are to meet the training goal for each work set exercise, and perform the exercises in supersets. A superset is when you perform at least 2 exercises that emphasize different muscle groups, without rest between exercises. Rest at least 1 minute after each superset.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup exercises	Completed	x
Stretches, 15-20sec each (twists; seal stretch; forward, back & side bends)		
Wall plank – 20sec		
Uneven N hold on floor – 10sec/side		
Hanging leg raises - 10 reps		

Work set exercises	Completed	x
Wall elbow lever - 1x7sec; 2x10sec		
One leg side plank – 1x10sec/side; 2x20sec/side		
Flat tuck front lever – 1x5sec; 2x10sec		
Bent leg L hold on floor - 1x10sec; 2x15sec		
Reverse frog raises - 1x7; 2x10		
Washing machine – 1x5; 2x10		

Abdominal workout for strength level 12

Name: _____ Date: _____

Each work set exercise has a beginner goal and a training goal beside it. The 1st number in each goal is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. Don't rush or cheat - use good form! If you are new to an exercise, start with the beginner goal, and add a set the next time you perform the workout. Try to add at least 2 repetitions or seconds (depending on the exercise), to each set, each week.

The goals for this workout are to meet the training goal for each work set exercise, and perform the exercises in supersets. A superset is when you perform at least 2 exercises that emphasize different muscle groups, without rest between exercises. Rest at least 1 minute after each superset.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup exercises	Completed	x
Stretches, 15-20sec each (twists; seal stretch; forward, back & side bends)		
Wall plank – 20sec		
Uneven N hold on floor – 10sec/side		
Hanging knee raises - 10 reps		

Work set exercises	Completed	x
Wall elbow lever - 1x7sec; 2x10sec		
One leg side plank – 1x10sec/side; 2x20sec/side		
Flat tuck front lever – 1x5sec; 2x10sec		
Raised L hold - 1x7sec; 2x10sec		
Pike lifts – 1x5; 2x15		
Washing machine – 1x5; 2x30		

Abdominal workout for strength level 13

Name: _____ Date: _____

Each work set exercise has a beginner goal and a training goal beside it. The 1st number in each goal is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. Don't rush or cheat - use good form! If you are new to an exercise, start with the beginner goal, and add a set the next time you perform the workout. Try to add at least 2 repetitions or seconds (depending on the exercise), to each set, each week.

The goals for this workout are to meet a training goal for each work set exercise, and perform the exercises in supersets. A superset is when you perform at least 2 exercises that emphasize different muscle groups, without rest between exercises. Rest at least 1 minute after each superset.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup exercises

Completed

x

Stretches, 15-20sec each (twists; seal stretch; forward, back & side bends)		
Wall leaning plank or raised leaning plank – 20sec		
Bent arm side plank – 20sec/side		
Hanging frog raises - 10 reps		

Work set exercises

Completed

x

Raised straddle elbow lever – 10sec; 2x10sec		
Stretch side plank – 10sec/side; 2x20		
Diagonal front lever – 5sec; 2x10sec		
Raised L hold – 5sec; 2x10sec		
Pike lifts – 1x5; 2x15		

Abdominal workout for strength level 14

Name: _____ Date: _____

Each work set exercise has a beginner goal and a training goal beside it. The 1st number in each goal is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. Don't rush or cheat - use good form! If you are new to an exercise, start with the beginner goal, and add a set the next time you perform the workout. Try to add at least 2 repetitions or seconds (depending on the exercise), to each set, each week.

The goals for this workout are to meet a training goal for each work set exercise, and perform the exercises in supersets. A superset is when you perform at least 2 exercises that emphasize different muscle groups, without rest between exercises. Rest at least 1 minute after each superset.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup exercises

Completed

x

Stretches, 15-20sec each (twists; seal stretch; forward, back & side bends)		
Wall leaning plank or raised leaning plank – 20sec		
Bent arm side plank – 20sec/side		
Reverse frog raises - 10 reps		

Work set exercises

Completed

x

Raised straddle elbow lever – 10sec; 2x10sec, or 3x7sec		
Diagonal clutch flag – 2sec; 1x10sec/side		
Diagonal front lever – 5sec; 2x10sec		
L hold on floor – 5 seconds; 2x10sec		
Pike lifts – 1x5; 3x10		

Abdominal workout for strength level 15

Name: _____ Date: _____

Each work set exercise has a beginner goal and a training goal beside it. The 1st number in each goal is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. Don't rush or cheat - use good form! If you are new to an exercise, start with the beginner goal, and add a set the next time you perform the workout. Try to add at least 2 repetitions or seconds (depending on the exercise), to each set, each week.

The goals for this workout are to meet a training goal for each work set exercise, and perform the exercises in supersets. A superset is when you perform at least 2 exercises that emphasize different muscle groups, without rest between exercises. Rest at least 1 minute after each superset.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup exercises

Completed

x

Stretches, 15-20sec each (twists; seal stretch; forward, back & side bends)		
Raised straddle elbow lever – 10sec		
Bent arm side plank – 20sec/side		
Reverse frog raises - 10 reps		

Work set exercises

Completed

x

Raised straddle elbow lever – 10sec; 2x10sec		
Pike lifts – 1x5; 3x10		
Diagonal clutch flag – 2sec; 2x5/side		
L hold on floor – 1x5sec; 2x10sec		
Bent leg front lever negatives – 1x5; 2x10		
Solid rollover – 1x3; 2x5		

Abdominal workout for strength level 16

Name: _____ Date: _____

Each work set exercise has a beginner goal and a training goal beside it. The 1st number in each goal is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. Don't rush or cheat - use good form! If you are new to an exercise, start with the beginner goal, and add a set the next time you perform the workout. Try to add at least 2 repetitions or seconds (depending on the exercise), to each set, each week.

The goals for this workout are to meet a training goal for each work set exercise, and perform the exercises in supersets. A superset is when you perform at least 2 exercises that emphasize different muscle groups, without rest between exercises. Rest at least 1 minute after each superset.

Once you meet these goals, you are ready for the next workout. Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup exercises

Completed

x

Stretches, 15-20sec each (twists; seal stretch; forward, back & side bends)		
Raised straddle elbow lever – 10sec or 2x5sec		
Bent arm side plank – 20sec/side		
Hanging knee raises - 20 reps		

Work set exercises

Completed

x

Raised L hold – 1x5sec; 2x10sec		
Pike lifts – 1x5; 3x10		
Tuck clutch flag – 2sec; 2x5/side		
L hold on floor – 1x5sec; 2x10sec		
Bent leg front lever – 1x3sec; 3x5sec		
Solid rollover – 1x3; 2x5		

Abdominal workout for strength level 17

Name: _____ Date: _____

Each work set exercise has a beginner goal and a training goal beside it. The 1st number in each goal is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. Don't rush or cheat - use good form! If you are new to an exercise, start with the beginner goal, and add a set the next time you perform the workout. Try to add at least 2 repetitions or seconds (depending on the exercise), to each set, each week.

The goals for this workout are to meet a training goal for each work set exercise, and perform the exercises in supersets. A superset is when you perform at least 2 exercises that emphasize different muscle groups, without rest between exercises. Rest at least 1 minute after each superset.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup exercises

Completed

x

Stretches, 15-20sec each (twists; seal stretch; forward, back & side bends)		
Raised straddle elbow lever – 10sec or 2x5sec		
Bent arm side plank – 20sec/side		
Hanging knee raises - 20 reps		

Work set exercises

Completed

x

L hold on floor – 5 seconds; 2x10sec		
Tuck clutch flag – 2sec; 1x10sec/side or 2x5/side		
Pike lifts – 1x5; 3x10		
One leg front levers – 1x5sec/side; 3x5sec/side		
Solid rollover – 1x5; 2x5 or 3x4		

Abdominal workout for strength level 18

Name: _____ Date: _____

Each work set exercise has a beginner goal and a training goal beside it. The 1st number in each goal is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. Don't rush or cheat - use good form! If you are new to an exercise, start with the beginner goal, and add a set the next time you perform the workout. Try to add at least 2 repetitions or seconds (depending on the exercise), to each set, each week.

The goals for this workout are to meet a training goal for each work set exercise, and perform the exercises in supersets. A superset is when you perform at least 2 exercises that emphasize different muscle groups, without rest between exercises. Rest at least 1 minute after each superset.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup exercises

Completed x

Stretches, 15-20sec each (twists; seal stretch; forward, back & side bends)		
Raised straddle elbow lever – 10sec or 2x5sec		
Bent arm side plank – 20sec/side		
Hanging knee raises - 20 reps		

Work set exercises

Completed x

L hold on floor – 5 seconds; 2x10sec		
Tuck clutch flag – 2sec; 2x5/side		
Pike lifts – 1x5; 3x10		
Front lever negatives – 1x5; 3x5		
Solid rollover – 1x5; 2x5		

Dragon flag workout #1

Name: _____ Date: _____

The prerequisites are high levels of full body connectivity and awareness, a high level of abdominal strength, and a thorough proficiency in the the leg raise progression. This workout may be performed instead of other abdominal workouts. The flat straight leg raises should be performed on the same training surface as the dragon flags, with the hands and shoulders locked in the same way, to generate full body tension. This makes the exercise more difficult, as well as more specific to dragon flags.

Each work set exercise has a beginner goal and a training goal beside it. The 1st number in each goal is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. If you are new to an exercise, start with the beginner goal, and add a set the next time you perform the workout. Try to add at least 1 rep to each set, each week.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a set of 5 and a set of 3, you would write – 1x5, 1x3

Warmup exercises

Completed **x**

“Small space” cardio for 5 minutes (such as jumping jacks, mountain climbers, high knees, etc)		
Wrist, shoulder, and hamstring stretches, 15-20sec each		
Abdominal stretches, 15-20sec each (twists; seal stretch; forward, back & side bends)		
Hanging knee raises - 20 reps		
Supine hollow body hold – 2x10sec		
Solid rollovers – 5		
Kick up into top position of dragon flag and hold 10sec		

Work set exercises

Completed **x**

Flat straight leg raises – 1x10; 2x15		
Raised L hold – 1x10sec; 2x15sec		
Dragon flag negatives – 3x1; 3x5		

Dragon flag workout #2

Name: _____ Date: _____

The prerequisites are high levels of full body connectivity and awareness, a high level of abdominal strength, and a thorough proficiency in the the leg raise progression. This workout may be performed instead of other abdominal workouts. The flat straight leg raises should be performed on the same training surface as the dragon flags, with the hands and shoulders locked in the same way, to generate full body tension. This makes the exercise more difficult, as well as more specific to dragon flags.

Each work set exercise has a beginner goal and a training goal beside it. The 1st number in each goal is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. If you are new to an exercise, start with the beginner goal, and add a set the next time you perform the workout. Try to add at least 1 rep to each set, each week.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a set of 5 and a set of 3, you would write – 1x5, 1x3

Warmup exercises

Completed **x**

“Small space” cardio for 5 minutes (such as jumping jacks, mountain climbers, high knees, etc)		
Wrist, shoulder, and hamstring stretches, 15-20sec each		
Abdominal stretches, 15-20sec each (twists; seal stretch; forward, back & side bends)		
Hanging knee raises - 20 reps		
Supine hollow body hold – 2x10sec		
Solid rollovers – 5		
Kick up into top position of dragon flag and hold 10sec		

Work set exercises

Completed **x**

Flat straight leg raises – 1x10; 2x15		
Raised L hold – 1x10sec; 2x15sec		
Bent leg dragon flags with slow straight leg negatives – 3x1; 3x5		

Dragon Flag Elite Workout

Name: _____ Date: _____

The prerequisites are high levels of full body connectivity and awareness, a high level of abdominal strength, and a thorough proficiency in the the leg raise progression. This workout may be performed instead of other abdominal workouts. The flat straight leg raises should be performed on the same training surface as the dragon flags, with the hands and shoulders locked in the same way, to generate full body tension. This makes the exercise more difficult, as well as more specific to dragon flags.

Each work set exercise has a beginner goal and a training goal beside it. The 1st number in each goal is the number of sets, and the 2nd number is the number of reps or time in seconds to aim for. If you are new to an exercise, start with the beginner goal, and add a set the next time you perform the workout. Try to add at least 1 rep to each set, each week.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a set of 5 and a set of 3, you would write – 1x5, 1x3

Warmup exercises

Completed **x**

“Small space” cardio for 5 minutes (such as jumping jacks, mountain climbers, high knees, etc)		
Wrist, shoulder, and hamstring stretches, 15-20sec each		
Abdominal stretches, 15-20sec each (twists; seal stretch; forward, back & side bends)		
Hanging knee raises - 20 reps		
Supine hollow body hold – 2x10sec		
Solid rollovers – 5		
Kick up into top position of dragon flag and hold 10sec		

Work set exercises

Completed **x**

Flat straight leg raises – 1x10; 2x15		
Raised L hold – 1x10sec; 2x15sec		
Dragon flags with slow straight leg negatives – 3x1; 3x5		

Pullup workout for strength level 13

Name: _____ Date: _____

Prerequisite for this workout: 2 sets of 10 slow, close pullups with an underhand grip

The work set exercise has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the number of reps to aim for. If you are new to an exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 2 repetitions to each set, each week.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a set of 20 reps, and a set of 18 reps, you would write - 1x20, 1x18

Warmup	Completed	x
Close underhand grip pullups done slowly in hollow – 2 sets of 5 repetitions		

Work set exercise	Completed	x
Commando pullups – 1x3/side; 5x5/side		

Progression: hands further apart

Pullup workout for strength level 14

Name: _____ Date: _____

If you are new to the work set exercise, start with the beginner standard, and start working on the pyramid the next time you perform the workout. Experiment with different low rep pyramids. The first time you perform a pyramid for uneven pullups, aim for 5/3/1. The next time you perform the workout, add a set of 1, 2, or 3. Don't rush in building up to the full pyramid. The point of this training protocol is to make every repetition as intense as possible.

When working the pyramid, shake the arms out for 1 minute between sets. On the last repetition on each side, perform a 10 second hold at the top and a 10 second negative.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it.

Warmup	Completed	x
Close underhand grip pullups done slowly in hollow – 2 sets of 5 repetitions		

Work set exercise	Completed	x
Uneven pullups – Beginner standard: 1 set of 5 repetitions per side Intermediate standard: 5/4/3/2/1 pyramid each side Progression standard: 2 sets of 9 repetitions per side		

Progression: lower the assisting hand by an inch – eventually placing it near your elbow

Pullup workout for strength level 15

Name: _____ Date: _____

If you are new to the work set exercises, start with the beginner standard, and add a set the next time you perform them. Don't just rush through the workout; make every repetition as intense as possible. Every phase of every repetition should be done slowly with as much muscular contraction as possible and no swinging, kicking, or kipping.

The goals of this workout: maximize time under tension, improve the mind-muscle link, and emphasize the biceps.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it.

Warmup	Completed	x
Close underhand grip pullups done slowly in hollow – 2 sets of 5 repetitions		

Work set exercise	Completed	x
Round the worlds – 1x3/side; 2x7/side		
Archer Australian pullups - 1x10; 2x12		
One arm eccentrics – 1x5sec/side; 3x10sec/side		

Regression for Round the worlds: hands at shoulder width

Progression: wide grip

Regressions for the Archer Australian pullups: bent legs; higher bar

Progressions: fully horizontal; legs straight

Regression for the one arm flex hangs and eccentrics: any asymmetrical technique

For example: perform self assisted one arm hangs (placing assisting hand on the vertical portion of the pullup unit), uneven pullup flex hangs, or Archer pullup flex hangs.

Pullup workout for strength level 16

Name: _____ Date: _____

If you are new to the Archer pullups, start with the beginner standard, and add a set the next time you perform them. Don't just rush through the workout; make every repetition as intense as possible. Every phase of every repetition should be done slowly with as much muscular contraction as possible and no swinging, kicking, or kipping. Take at least a 2 minute break between sets.

The goals of this workout: maximize time under tension, improve the mind-muscle link, and emphasize the biceps.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it.

Warmup	Completed	x
Close underhand grip pullups done slowly in hollow – 2 sets of 5 repetitions		

Work set exercise	Completed	x
Archer pullups – 1x3/side; 2x7/side		
One arm flex hangs – 1x5sec/side; 3x10sec/side		
One arm eccentrics – 1x5sec/side; 3x10sec/side		

Regressions for the Archer pullups: partner assistance; Archer Australian pullups
Progression: start working towards fully one arm pullups using assistance methods

Regression for the one arm flex hangs and eccentrics: any asymmetrical technique
For example: perform self assisted one arm hangs (placing assisting hand on the vertical portion of the pullup unit), uneven pullup flex hangs, or Archer pullup flex hangs.

Pullup workout for strength level 17

Name: _____ Date: _____

If you are new to the Archer pullups, start with the beginner standard, and add a set the next time you perform them. Don't just rush through the workout; make every repetition as intense as possible. Every phase of every repetition should be done slowly with as much muscular contraction as possible and no swinging, kicking, or kipping. Take at least a 2 minute break between sets.

The goals of this workout: maximize time under tension, improve the mind-muscle link, and emphasize the biceps.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it.

Warmup	Completed	x
Close underhand grip pullups done slowly in hollow – 2 sets of 5 repetitions		

Work set exercise	Completed	x
Jackknife pullups – 1x3/side; 2x7/side		
One arm Australian pullups – 1x3/side; 2x5/side		
One arm flex hangs – 1x5sec/side; 3x10sec/side		
One arm eccentrics – 1x5sec/side; 3x10sec/side		

Regression for the jackknife pullups and one arm Australian pullup:
Self assistance using the free hand

Progression for the jackknife pullups and one arm Australian pullup:
Start working towards fully one arm pullups using assistance methods

Regression for the one arm flex hangs and eccentrics: any asymmetrical technique
For example: perform self assisted one arm hangs (placing assisting hand on the vertical portion of the pullup unit), uneven pullup flex hangs, or Archer pullup flex hangs.

Pullup workout for strength level 18

Name: _____ Date: _____

If you are new to the self assisted one arm pullups, start with the beginner standard, and start working on the pyramid the next time you perform the workout. Experiment with different low rep pyramids. The first time you perform a pyramid for uneven pullups, aim for 5/3/1. The next time you perform the workout, add a set of 1, 2, or 3. Don't rush in building up to the full pyramid. The point of this training protocol is to make every repetition as intense as possible.

The goals of this workout: maximize time under tension, improve the mind-muscle link, and emphasize the biceps.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it.

Warmup	Completed	x
Close underhand grip pullups done slowly in hollow – 2 sets of 5 repetitions		

Work set exercise	Completed	x
Self assisted one arm pullups – Beginner standard: 1 set of 3 repetitions per side Intermediate standard: 5/4/3/2/1 pyramid each side Progression standard: 2 sets of 7 repetitions per side One arm flex hangs – 1x5sec/side; 3x10sec/side One arm eccentrics – 1x5sec/side; 3x10sec/side		

Regressions for the self assisted one arm pullup: use a jackknife position (legs at a 90 degree angle to the torso); place the assisting hand higher; place the assisting hand closer; push with the assisting hand through the entire range of motion

Progression: only push through the concentric sticking point with the assisting hand; place the assisting hand farther from the working arm; place the assisting hand lower

Regression for the one arm flex hangs and eccentrics: any asymmetrical technique

For example: perform self assisted one arm hangs (placing assisting hand on the vertical portion of the pullup unit), uneven pullup flex hangs, or Archer pullup flex hangs.

Introduction to wrist specialization workouts

Excerpted from “A Karate Approach to Calisthenics” by Owen Johnston

<http://pccblog.dragondoor.com/a-karate-approach-to-calisthenics/>

Like the progressive calisthenics approach, traditional power training and body conditioning methods in Okinawan karate focus on bulletproofing the joints, improving flexibility, and building holistic, functional strength. There are a number of progressive bodyweight movements taught in Okinawan karate, including knuckle pushups, fingertip pushups and ultimately, wrist pushup variations. The exercises have very direct benefits for “bunkai” or application of kata. Of course, these exercises shouldn’t replace previous progressions, but supplement them. Also, don’t overdo it with directly training the joints. Be sure to allow plenty of time for your connective tissues to adapt.

To regress any of these variations, you can practice them using an incline (wall, chair etc) or you can simply create less demanding leverage by kneeling instead of performing them from your toes. You could also adapt the *Convict Conditioning* pushup progression to these variations. (Coach Wade has already covered this for fingertip pushups in *Convict Conditioning 2*.)

Warm up your hands and forearms properly before working knuckle, fingertip or wrist pushups. Afterwards, shake your hands out, and stretch your fingers and wrists.

Wrist pushups strengthen the wrists for various strikes, and have very specific benefits for “ox jaw” and “crane” techniques. This pushup variation is done on the backs of the hands. You can also ease in by having one palm on the training surface instead of having both on the backs of the hands. Practice this way on both sides to maintain symmetry in training.

A stretch commonly done in gymnastics will be useful in preparing for a wrist pushup progression. Sit in a kneeling position, look straight down at your knees, lean forward slightly and place the back of your hands on the ground, directly in front of your knees. Naturally, leaning forward will put some of your weight onto the backs of your hands, with the fingers turned inward. Cautiously lean into your hands until you feel mild discomfort. Hold this stretch for 10-30 seconds, then come up and shake your hands out. Repeat 1-3 times.

There are “hidden steps” between this stretch and a wrist hold in the top position of a kneeling pushup. First, gradually build strength and flexibility in the wrists with the stretch until you can put moderate pressure onto the backs of your hands with little to no discomfort. The next part of the progression is to move your hands a few inches forward from the starting position and unfold your hips slightly as you start putting pressure on the backs of your hands. Imagine that you are trying to move a little closer to perfect form for pushups (hips locked out, weight carried through arms and hands). Find the most difficult position that you can hold for 10-15 seconds when you put mild to moderate pressure on your hands. Gradually work towards the full kneeling pushup wrist hold.

Programming and volume for wrist pushups are straightforward. Since the joints don't adapt as quickly as the muscles, and the wrists can tend to be injury prone, be conservative about volume. Practicing wrist pushups once a week for low sets of low reps is a good rule.

A few options for programming wrist training:

- 1) Adding it to an existing joint specialization session; see *Convict Conditioning 2* for a template
- 2) Doing some wrist stretches, holds and/or pushups as part of your warm-ups for practice (whether karate or a sport that needs strong hands/wrists)
- 3) Doing some light stretches and other exercises as part of rehabilitating your wrists (of course, this will depend on what exercises your physician recommends)
- 4) Training wrist holds after a session of pushups
- 5) There are many other possibilities depending on your own needs, goals, experience, etc.

~End Excerpt~

Fist transition progression

In wrist pushups, roll your hands into fists as you ascend to lockout, and return to the backs of the hands as you start the lowering phase of the next repetition. In wrist holds, slowly transition to a fist hold, and slowly return to the backs of the hands. Build up to doing this for 3 to 5 repetitions.

To perform the fist transition, straighten out the wrists by pressing through the backs of the hands, and as you do so, ball up your hands into fists. To get acquainted with the movement, pattern it from a wrist stretch on the backs of the hands.

Wrist specialization workout for strength level 3

Name: _____ Date: _____

Prerequisites for this workout:

- 1.) Able to perform 2 sets of 20 close (diamond) pushups
- 2.) Able to hold a kneeling wrist stretch (on the backs of the hands) for 30 seconds, with little to no discomfort
- 3.) Able to complete the progression standards on the static hold workout for strength level 1
- 4.) A bare minimum of 3 months of training the wrists with stretches from gymnastics, Aikido, Judo, and/or other disciplines

The work set exercise is done on the backs of the hands. It has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the time to aim for. If you are new to the exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 1 second to each set, each week. Shake the hands out after each set, and stretch the wrists after you complete the workout.

Note the sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup	Completed	x
Wrist stretches – 2 minutes		

Work set exercise	Completed	x
Incline wrist pushup hold - 1x5sec; 2x10sec		

Regressions: 1) One palm on the training surface. Practice this way on both sides to maintain symmetry in training. 2) Higher incline. 3) Stand straight up in front of the chosen training surface, bend forward at the waist, and gradually put pressure onto the backs of the hands. Once you build up to the progression standard, walk your feet back at least an inch or two each time you practice the regressed hold.

Progressions: 1) Lower incline. Eventually you will progress to a full wrist pushup hold. 2) Fist transition. Build up to 5 repetitions.

Wrist specialization workout for strength level 4

Name: _____ Date: _____

The work set exercises are done on the backs of the hands. It has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the time to aim for. If you are new to an exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 1 second to each set, each week. Shake the hands out after each set, and stretch the wrists after you complete the workout.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup	Completed	x
Wrist stretches – 2 minutes		

Work set exercises	Completed	x
Incline wrist pushup hold - 1x5sec; 2x10sec		
Wall wrist pushups - 1x5; 2x7		

Regressions for the incline wrist pushup hold: 1) One palm on the training surface. Practice this way on both sides to maintain symmetry in training. 2) Higher incline. 3) Stand straight up in front of the chosen training surface, bend forward at the waist, and gradually put pressure onto the backs of the hands. Once you build up to the progression standard, walk your feet back at least an inch or two each time you practice the regressed hold.

Regression for the wall wrist pushups: One palm on the training surface. Practice this way on both sides to maintain symmetry in training.

Progressions for the incline wrist pushup hold and wall wrist pushups: 1) Lower incline. Eventually you will progress to a full wrist pushup. 2) Fist transition. Build up to 5 fist transitions in the incline wrist pushup holds. Build up to 2x7 wall wrist pushups with the fist transition.

Wrist specialization workout for strength level 5

Name: _____ Date: _____

The work set exercises are done on the backs of the hands. It has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the time to aim for. If you are new to an exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 1 second to each set, each week. Shake the hands out after each set, and stretch the wrists after you complete the workout.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup	Completed	x
Wrist stretches – 2 minutes		

Work set exercises	Completed	x
Incline wrist pushup hold - 1x5sec; 2x10sec		
Wall wrist pushups with fist hold at the top - 1x5; 2x7		

Regressions for the incline wrist pushup hold: 1) One palm on the training surface. Practice this way on both sides to maintain symmetry in training. 2) Higher incline. 3) Stand straight up in front of the chosen training surface, bend forward at the waist, and gradually put pressure onto the backs of the hands. Once you build up to the progression standard, walk your feet back at least an inch or two each time you practice the regressed hold.

Regressions for the wall wrist pushups: 1) One palm on the training surface. Practice this way on both sides to maintain symmetry in training. 2) Do not practice the fist hold at the top.

Progression for the incline wrist pushup hold: Fist transition. Build up to 5 repetitions of fist transitions.

Progression for both: Lower incline. Eventually you will progress to a full wrist pushup hold and full wrist pushups.

Progression for the wall wrist pushups: Explore training towards one handed wrist pushups.

Wrist specialization workout for strength level 6

Name: _____ Date: _____

The work set exercise is done on the backs of the hands. It has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the time to aim for. If you are new to the exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 1 second to each set, each week. Shake the hands out after each set, and stretch the wrists after you complete the workout.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup	Completed	x
Wrist stretches – 2 minutes		

Work set exercises	Completed	x
Incline wrist pushups - 1x5; 2x7		

Regressions: 1) One palm on the training surface. Practice this way on both sides to maintain symmetry in training. Build up to 2x10 sec. 2) Higher incline. 3) Practice an incline wrist hold. Build up to 2x10sec.

Progressions: 1) Lower incline. Eventually you will progress to a full wrist pushup. 2) Explore training towards one handed wrist pushups.

Wrist specialization workout for strength level 7

Name: _____ Date: _____

The work set exercise is done on the backs of the hands. It has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the time to aim for. If you are new to the exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 1 second to each set, each week. Shake the hands out after each set, and stretch the wrists after you complete the workout.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup	Completed	x
Wrist stretches – 2 minutes		

Work set exercises	Completed	x
Incline wrist pushups with fist transition - 1x5; 2x7		

Regressions: 1) One palm on the training surface. Practice this way on both sides to maintain symmetry in training. 2) Higher incline. 3) Practice an incline wrist hold with fist transitions. Build up to 5 repetitions of fist transitions. 4) Do not practice the fist transition.

Progressions: 1) Lower incline. Eventually you will progress to a full wrist pushup. 2) Explore training towards one handed wrist pushups.

Wrist specialization workout for strength level 8

Name: _____ Date: _____

The work set exercise is done on the backs of the hands. It has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the time to aim for. If you are new to the exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 1 second to each set, each week. Shake the hands out after each set, and stretch the wrists after you complete the workout.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup	Completed	x
Wrist stretches – 2 minutes		

Work set exercises	Completed	x
Kneeling wrist pushups - 1x5; 2x7		

Regressions: 1) One palm on the training surface. Practice this way on both sides to maintain symmetry in training. 2) Use an incline. 3) Practice a kneeling wrist hold. Build up to 2x10sec.

Progressions: 1) Fist transition. 2) Full wrist pushups. 3) Explore training towards one handed wrist pushups.

Wrist specialization workout for strength level 9

Name: _____ Date: _____

The work set exercise is done on the backs of the hands. It has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the time to aim for. If you are new to the exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 1 second to each set, each week. Shake the hands out after each set, and stretch the wrists after you complete the workout.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup	Completed	x
Wrist stretches – 2 minutes		

Work set exercises	Completed	x
Kneeling wrist pushups with fist progression - 1x5 reps; 2x7 reps		

Regressions: 1) One palm on the training surface. Practice this way on both sides to maintain symmetry in training. 2) Use an incline. 3) Practice a kneeling wrist hold with fist transitions. Build up to 5 repetitions of fist transitions. 4) Do not practice the fist transition.

Progressions: 1) Full wrist pushups. 2) Explore training towards one handed wrist pushups.

Wrist specialization workout for strength level 10

Name: _____ Date: _____

The work set exercise is done on the backs of the hands. It has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the time to aim for. If you are new to the exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 1 second to each set, each week. Shake the hands out after each set, and stretch the wrists after you complete the workout.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup	Completed	x
Wrist stretches – 2 minutes		

Work set exercises	Completed	x
Wrist pushup hold - 1x5sec; 2x7sec		

Regressions: 1) One palm on the training surface. Practice this way on both sides to maintain symmetry in training. 2) Use an incline position. 3) Use a kneeling position.

Progressions: 1) Practice the hold with feet elevated. 2) Explore training towards one handed wrist holds.

Wrist specialization workout for strength level 11

Name: _____ Date: _____

The work set exercise is done on the backs of the hands. It has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the time to aim for. If you are new to the exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 1 second to each set, each week. Shake the hands out after each set, and stretch the wrists after you complete the workout.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup	Completed	x
Wrist stretches – 2 minutes		

Work set exercises	Completed	x
Full wrist pushups - 1x3 reps; 2x7 reps		

Regressions: 1) One palm on the training surface. Practice this way on both sides to maintain symmetry in training. 2) Use an incline position. 3) Use a kneeling position.

Progressions: 1) Fist transition. 1) Practice full wrist pushups with feet elevated. 2) Explore training towards one handed wrist pushups.

Wrist specialization workout for strength level 12

Name: _____ Date: _____

The work set exercise is done on the backs of the hands. It has a beginner standard and a progression standard beside it. The 1st number in each standard is the number of sets, and the 2nd number is the time to aim for. If you are new to the exercise, start with the beginner standard, and add a set the next time you perform the workout. Try to add at least 1 second to each set, each week. Shake the hands out after each set, and stretch the wrists after you complete the workout.

Note the sets and reps or sets and time that you complete for each exercise, and check off an exercise when you complete it. For example, if you did a 10 second hold and a 5 second hold, you would write - 1x10sec, 1x5sec

Warmup	Completed	x
Wrist stretches – 2 minutes		

Work set exercises	Completed	x
Full wrist pushups with fist progression - 1x3 reps; 2x7 reps		

Regressions: 1) One palm on the training surface. Practice this way on both sides to maintain symmetry in training. 2) Do not practice the fist hold at the top. 3) Use an incline position. 4) Use a kneeling position.

Progressions: 1) Practice full wrist pushups with feet elevated. 2) Explore training towards one handed wrist pushups.

Examples of individualized workouts

I have included a few of the workouts I have personally done at a local park. Don't simply try to copy the workout, but think about the principles of progression and training tactics used. At most, I hope these workouts can be catalysts for designing your own workouts!

An abbreviated bodyweight bodybuilding workout for upper body

The exercises were done in supersets. It took just under 30 minutes. The exercises selected are not high in their respective progressions, but can be made quite difficult by applying intensity variables, aka “tougheners”.

15 Australian pullups with shoulder width overhand grip

40 incline pushups at slow cadence

30 flat straight leg raises

20 feet elevated pike handstand pushups

2 minute break (shake arms out, drink of water)

15 Australian pullups with close underhand grip, done with a curling motion and hard isometric contraction at top of each rep

Drop set of 5 Australian pullups with shoulder width overhand grip

Drop set of 10 bent leg Australian pullups with shoulder width overhand grip

40 incline pushups with a slow cadence

10 deep bodyweight triceps extensions

30 flat straight leg raises

20 feet elevated pike handstand pushups

Drop set - pike handstand (similar to downward facing dog) for about a minute

2 minute break (shake arms out, drink of water)

20 Australian pullups with shoulder width overhand grip

Drop set of 10 bent leg Australian pullups with shoulder width overhand grip

20 Jowett pushups

Drop set - 20 incline pushups

10 deep bodyweight triceps extensions

Shook arms out, drink of water

The leg raises were all done with a slow cadence on a bench with the hands and shoulders locked in as for dragon flags, and midsection tensed as tightly as possible throughout the full range of motion of each rep.

Abbreviated leg workout

Hard run to park (about 3.5 minutes)

40 squats

100 calf raises off an elevation a slow pace

About 30 seconds of holding the bottom position of a calf raise off an elevation

40 close squats

80 calf raises off an elevation at a slow pace

About 30 seconds of holding the bottom position of a calf raise off an elevation

30 quick, deep split squats each side

Elite level abdominal workout

5 dead hang gymnastics pullovers on a high overhead bar

20 hanging knee raises

About a minute total of raised L sit

20 flat straight leg raises on a bench, done slowly, with hands locked in the same way as in dragon flags

4 dragon flags with slow negatives

1 slow dragon flag negative with long pause at bottom position

3 dragon flags with slow negatives

2 slow dragon flag negatives with long pause at bottom position

12 hanging straight leg raises

3 slow dragon flag negatives with long pause at bottom position

13 hanging knee raises

Upper body workout

Shoulder circling
Set of 6 pop-up pushups
Shook arms out
20 Jowett pushups
15 Jowett pushups
10 Jowett pushups
Short round of shadow boxing
Shook arms out
10 incline 1-arm pushups each arm
10 archer pushups each arm
Shook arms out
10 parallel dips using a pair of tables
10 perpendicular bar dips
10 horizontal bar dips
Shook arms out
12 bodyweight triceps extensions with hands on seat of a table
8 bodyweight triceps extensions

Jowett pushups are done with each hand on a chair, table, block, or similar, and the feet on a third. At the bottom of a Jowett, the chest will come past the surface of each object. Due to this extended range of motion, Jowett pushups are analogous to bench presses. I recommend building up to performing a moderately high rep set of Jowett pushups while wearing a sandbag or weight vest, then taking it off and performing a drop set of Jowett pushups.

Bodyweight bodybuilding workout for legs and chest

The workout took about an hour and ten minutes.

WARMUP

3 supersets of:

40 ultra slow incline pushups

40 ultra slow full depth squats

WORK SETS

Superset 1

20 Archer pushups each side

10 half pistols each side

Superset 2

20 Archer pushups each side

20 press pistols each side

Superset 3

100 slow, strict, deep calf raises off an elevation

1 minute of holding the bottom position of the above exercise

Superset 4

10 strict Tripod one arm pushups on each side

10 pistol squats on each side

10 one leg glute bridges on each side - each one performed with foot of working leg on seat of a table for greater range of motion

Superset 5

80 slow, strict, deep calf raises off an elevation

1 minute of holding the bottom position of the above exercise

Burnout superset

22 Jowett pushups

12 sissy squats

31 glute bridges with feet on seat of table

80 fast, deep calf raises off an elevation

1 minute of holding the bottom position

15 deep split squats each side

Mizuumi ryu Karate Syllabus
Owen Johnston
<http://www.karatepdfbooks.com>

Review all relevant articles on the drills, principles, etc. that you will need to know for your examination. The book at the website above includes all of the articles. To read the book, point your browser to the website above and click on the document that is embedded near the top of the page. You may also read the articles individually. To view the full list of articles, visit the above website and click on "Articles" in the top menu.

New students begin at 1st student rank. Rank examination candidates will be chosen by the instructor(s) based on each student's confidence in the material, time in training, character, and work ethic. Students must attend class regularly for 6 months and meet all requirements for his or her next rank before being considered eligible for examination.

Starting with 3rd rank, each rank examination will cover all technical requirements from previous ranks (including kata, techniques, etc.). Sparring and fitness requirements gradually become more difficult with each rank examination. Conditioning requirements can be tailored to you if there are any existing medical issues. All students will be expected to learn at least a basic grasp of the 'bunkai' (application) of each of the required kata.

Physical fitness is a major factor in success in karate and self defense. As such, students must meet fitness requirements in order to earn ranks, as well as participate in mandatory strength testing on a regular basis. Each strength test is based on the progressive calisthenics curriculum. Progressive calisthenics is a safe, bodyweight only approach to fitness. All students are provided with a free, online version of the training curriculum, which includes workouts designed around the strength test requirements. A printed copy may be provided at a small cost. Access the free PDF edition of the training curriculum through this link - <http://tiny.cc/karatetraining>

Every student must train on his or her own outside of class, in order to meet the high physical conditioning requirements. All new students are required turn in at least 3 workout logs each week to stay in the karate program. Students who do not turn in workout logs for 1 week without good reason will be moved to a calisthenics only program until 3 workout logs are turned in each week for 1 month. When and if a student is promoted to 2nd rank, workout logs are no longer required, but are still recommended so that the instructor can provide feedback.

Make copies of the provided workout logs as needed. You may also use a pen and notebook paper to log your workouts instead of printing copies of the workout logs. You may also log your workouts electronically, such as on a mobile device.

Junior student rank requirements

1st Rank

- I. Prospective students must have good character and a strong work ethic.
- II. You must complete a course of calisthenics before joining the karate program at 1st rank.

2nd rank

Basic footwork and stances - attention and ready stances, long and short fighting stances, horse stance. Shuffling footwork for each direction while using combinations.

Punches - Jab, cross, outside & shovel hooks, uppercut, overhand cross, reverse punch

Blocks - Low, inside, outside, and high

Kicks and strikes - Front snap kick, knee kick, elbow strikes, palm strikes

Other techniques - Slips, ducks, parries, clinchwork

Drills - Alternate & call sparring, breakfalls, slip & duck, kuzushi, shadow boxing

Conditioning

Perform at least 20 minutes of light interval training (jogging and walking)

Perform at least 5 explosive sprints

Hold horse stance correctly for 20 minutes without coming up

Meet the progression standards in the static hold, wrist specialization, and full body workouts for strength level 3 or higher

Minimum training time and age

Students must be at least 6 years of age to test. The minimum training time is 6 months. However, all students who had been previously living a sedentary lifestyle can realistically expect to take between 1 and 3 years to earn 2nd rank.

3rd rank

Karate techniques

Blocks: Knifehand

Strikes: Knifehand, Four finger spearhand thrust

Stances: Back stance

Kata - Kihon Kata Series (Shodan, Nidan, Sandan)

Sparring - Basic one step sparring drills against junzuki; two 2-minute rounds of light contact sparring

Conditioning

Run 2.5 miles in 25 minutes or less

Perform at least 5 explosive sprints

Hold horse stance correctly for 30 minutes without coming up

Meet the progression standards in the static hold, wrist specialization, and full body workouts for strength level 4 or higher

4th rank

Karate techniques

Hammer fist, leg checks, backfist, ridgehand, roundhouse kick, leg kicks, cat stance

Footwork - Step up, step across, pivoting

Kata - Pinan Nidan

Sparring - Basic one step sparring drills against kicks

Two 2-minute rounds of light contact, and one 2-minute round of medium contact. Students should also know a few sweeps and basic grappling / lock escapes by this rank.

Conditioning

Run 2.5 miles in 25 minutes or less

Perform at least 10 explosive sprints

Hold horse stance correctly for 30 minutes without coming up

Meet the progression standards in the static hold, wrist specialization, and full body workouts for strength level 5 or higher

5th rank

Karate techniques

Blocks: Support hand / augmented block

Kicks: Crescent kicks, back kick

Kata - Pinan Shodan

Sparring - Three 2-minute rounds of medium contact sparring, and a basic grasp of using footwork and techniques while in horse stance.

Conditioning

Run 2.5 miles in 25 minutes or less

Perform at least 10 explosive sprints

Hold horse stance correctly for 30 minutes without coming up

Meet the progression standards in the static hold, wrist specialization, and full body workouts for strength level 6 or higher

6th rank

Karate techniques

Kicks: Side kick, lead leg kicks with and without footwork, double kicks

Kata - Pinan Sandan

Sparring - Intermediate one step sparring drills

Three 3 minute rounds of medium contact.

Conditioning

Run 2.5 miles in 25 minutes or less

Perform at least 10 explosive sprints

Hold horse stance correctly for 30 minutes without coming up

Meet the progression standards in the static hold, wrist specialization, and full body workouts for strength level 7 or higher

Senior student rank requirements

All students testing for senior student ranks are required to engage in three 3 minute rounds of medium to hard contact free sparring, age and health allowing, at the end of the examination. The minimum age for senior student ranks is 13. Candidates should be very dependable and dedicated, as well as be willing to assist in teaching classes. Senior students should also demonstrate continued improvement in dynamic and static calisthenics progressions. Lastly, starting with the examination for 7th rank, students must be willing and able to set aside at least 4 hours on a Saturday for the examination process.

7th rank - equivalent of brown belt

Improvements upon the basics

Students are expected to show improvements in body shifting, counter attacking, footwork, in-fighting, transitioning between ranges, and overall 'ringwork' / tactics. Students should also have improved fitness and flexibility, as well as confidence in and at least some personalization of basic techniques.

Stances - Crane stance

Blocks - Brush block, Elbow block, Cross arm block

Strikes - One knuckle punch

Kata - Pinan Yodan, Pinan Godan

Bunkai - students should be proficient with basic kata applications for knifehand block, hammer fist block, elbow block, and brush block.

Grappling - Clinchwork, locks and holds, throws and takedowns, groundwork positions, transitions, and basic tactics.

Conditioning

Run 2.5 miles in 20 minutes or less

Perform at least 10 explosive sprints

Meet the progression standards in the static hold, wrist specialization, and full body workouts for strength level 8 or higher

8th rank

Kata - Naihanchi

Kicks - Basics of spin kicks

Footwork - Students must have a grasp on the basics of all of the types of footwork of 'Nekoashido' (refer back to 'In Pursuit of Perfection II'). Students will be expected to start learning to adapt using different techniques in combination with these types of footwork.

Conditioning

Run 2.5 miles in 20 minutes or less

Perform at least 10 explosive sprints

Meet the progression standards in the static hold, wrist specialization, and full body workouts for strength level 9 or higher

9th rank

Kata - Bassai

Sparring - Advanced one step sparring drills

Students should be showing progress in adapting and personalizing their techniques, as well as demonstrating combinations, and improved reactions.

Conditioning

Run 2.5 miles in 20 minutes or less

Perform at least 10 explosive sprints

Meet the progression standards in the static hold, wrist specialization, and full body workouts for strength level 10 or higher

10th rank

Students will be considered ready for 10th rank when they demonstrate considerable improvement in overall strategy, technical proficiency, dependability, and dedication. Grappling skills, footwork, strikes, kicks, blocks, combinations, defense, and counter attacks should all flow together, as well as show significant improvements and less technical flaws. Free sparring should show an advanced level of adaptation and focus. Overall, students should show a good understanding of and proficiency in the proper use of body mechanics.

Kata - Wanshu

Knowledge and Character

Students should be able to demonstrate at least a basic knowledge of the lineage of their style, as well as improved character, and a dedication to refining themselves even further as they walk the road to Instructor ranks. Essentially, the student must show, with his or her attitude, knowledge, and training ethic, that he or she is willing to begin training to become an instructor. This path is less about learning more techniques and more about adapting and combining the techniques you already know, as well as learning how it all fits into a cohesive system.

Conditioning

Run 2.5 miles in 20 minutes or less

Perform at least 10 explosive sprints

Meet the progression standards in the static hold, wrist specialization, and full body workouts for strength level 11 or higher

Instructor Rank Requirements

Instructor candidates must be willing and able to set aside at least 4 hours on a Saturday for the examination process.

Rank 1 - equivalent of shodan / 1st degree black belt

Technical Requirements:

Personal Polish, Proficiency in Maai, Knowledge, etc.

The major difference between the student and instructor ranks is not simply the number of techniques known, but also the mastery of those techniques. The instructor candidate must also demonstrate improved overall conditioning, knowledge, strategy, discipline, and fighting ability. An increased depth of knowledge and understanding of the required kata will also be expected. The candidate must demonstrate proficiency in all previous requirements, as well as an overall technical polish. He or she should possess compact, personalized, and internalized technique.

Proficiency in ranges, timing, and distancing ("ma-ai") should also be demonstrated. Candidates should be able to clearly explain how techniques work, how they work together, and how to manage ma-ai. The candidate must also show at least a basic proficiency in the principles of Zanshin, Haragei, Mushin, Ki Ken Tai no Ichi, and Hei Jo Shin. Lastly, the candidate should have improved knowledge about the lineage and history of karate, as well as show a high degree of dependability in helping junior students. Essentially, a student testing for Instructor status should demonstrate a great degree of knowledge and maturity, as well as overall mastery of the basics, with few to no technical flaws.

Sparring

The candidate will be expected to be able to spar at 3 junior students (6th rank or below) and at least 2 senior students. The level of contact used will be dictated by the level of the candidate's partner.

Kata - Kushanku

Physical Requirements:

The candidate must have a thoroughly improved foundation of functional strength and endurance. You must be able to -

- Explain the body mechanics behind the exercises, as well as be able to teach students how to develop their own routines and progressions.
- Write brief, intense training programs for students of different fitness levels
- Run 2.5 miles in 20 minutes or less, age and health allowing. Skipping rope or another type of aerobic exercise may be substituted if running is not feasible.
- Demonstrate skill and strength in the exercise progressions for pushups, pullups, leg raises, and squats. At your examination, you should at least be able to perform what is called the "Century Test", which is what the level 12 strength test is based on -

<http://pccblog.dragondoor.com/al-kavadlo-century/>

- Be able to perform at least 10 explosive sprints, age and health allowing
- Meet the training goals in the static hold and wrist specialization workouts for strength level 12

Minimum training time and age -

Students must train regularly for at least 5 years before being eligible to test for instructor rank. Up to 10 years is realistically expected. The minimum age is 15.

Rank 2 - Senior Instructor

Primary Requirement - Personal Development

The senior instructor candidate must primarily make efforts to completely internalize, polish, perfect, and personalize all of the basic techniques and principles. Attaining the instructor level is a sign of the student having 'learned how to learn'. In other words, he or she has learned all of the tools and basics needed to develop as his or her own martial artist, not just as a product of the style. A senior instructor candidate must be the natural development of this process.

The candidate must also adapt the basic techniques to his or her own personal style. This must be demonstrated in shadow boxing, combinations, kata, sparring drills, and free sparring. Improvements in balance, speed, power, focus, coordination, and agility will be among the primary qualities looked for.

With this in mind, the candidate must be able to demonstrate a much deeper knowledge of the general principles of movement and body mechanics as they relate to martial arts and fitness. As such, the candidate must have an in-depth knowledge of all of the kata required for junior instructor, as well as be able to confidently teach up to junior instructor level classes. Also, junior instructors must be able to demonstrate a notable improvement in overall technical ability and physical conditioning before finally being considered ready to testing for senior instructor.

Technical Drills

The candidate must also have a thorough understanding of the Mizuumi ryu Karate technical drills 'Nekoashido', listed in 'In Pursuit of Perfection II', such that he or she will be able to help students develop their fighting ability through these drills. He or she must also develop at least 4 advanced sparring drills. The drills should demonstrate his or her own personalized style and knowledge of different types of techniques. The drills should also demonstrate economy of movement and effectiveness for self defense.

Kata -

Seipai, Gojushiho Sho, Jion, Annan, Seishan

Ryukyu kobujutsu -

Bo kihon

Shuji no Kon Sho

See the Yuishinkai Kobujutsu syllabus for rank requirements in the Ryukyu kobujutsu system - <http://www.yuishinkai.info/syllabus>

Improved knowledge of grappling and locks -

The candidate must demonstrate ability in the application of such techniques. At least one year of training in a grappling style is recommended.

Minimum training time and age -

Students must train regularly for at least 3 years after attaining junior instructor status. At least 4 years is realistically expected. The minimum age is 18.

Participation in teaching -

The candidate must also regularly help teach classes.

Physical Conditioning -

Candidates should be at least strength level 13, and able to display at least basic proficiency in more calisthenics progressions, including bridging, hand balancing, and statics. Unilateral exercises (one arm or one leg) are the goals. Exercise and repetition / time requirements for 2nd instructor rank will be selected according to the candidate's strength level and proficiency in progressions.

3rd Instructor Rank - Full Proficiency

General Requirement

The candidate must strive to be a well rounded martial artist and human being. The goal is to improve physical ability, teaching ability, depth of understanding of martial arts in general, and personal self expression of technique without being bound by stylistic limitations. The candidate should be able to explain at least 3 major benefits that martial arts training has given him or her. One should also demonstrate improved character and dedication to others.

Physical Conditioning

Candidates should be at least strength level 14, and must have a thoroughly improved foundation of functional strength and endurance. You must be able to demonstrate skill and strength in the calisthenics progressions for pushups, pullups, leg raises, squats, bridges, and handstands / handstand pushups (age / health allowing), l-sit, and levers. You must also be able to explain the body mechanics behind the exercises, as well as be able to teach students how to develop their own routines and progressions. Exercise and repetition / time requirements for 3rd instructor rank will be selected according to the candidate's strength level and proficiency in progressions.

The candidate must also demonstrate and explain a deeper knowledge of physical culture. Knowledge must be demonstrated through an essay on an area of personal research into any area of fitness. Ideas include, but are not limited to, nutrition, cardiovascular health, and comparing various types of strength training. The essay must be at least 250 words. Be prepared to give an oral outline of the basic points. You must also write example training programs that include your reasoning for the exercise selection, as well as a 12-week training cycle. There is no word minimum. Lastly, obtaining a fitness trainer certification is recommended, but not required.

Teaching Ability

The candidate must be able to demonstrate a vastly improved teaching ability. This includes a deeper knowledge of body mechanics, kata, helping students to adapt to different situations and techniques, and so forth. At your examination, you must be prepared to conduct a half hour long formal class on a kata of choice. You will also be expected to demonstrate a thorough knowledge of terminology, philosophy, and general principles.

Knowledge of Martial Arts

The candidate must demonstrate and explain a deeper knowledge of martial arts in general. Knowledge must be demonstrated through an essay on an area of personal research into any area of martial arts. Ideas include, but are

not limited to, investigating other arts, learning the history of karate as a whole, using scientific research to benefit the study of martial arts, and comparing forms or drills of various styles. The essay must be at least 1,000 words. Be prepared to give an oral outline of the basic points.

Improved Strategy

You must also be able to demonstrate an improved knowledge of strategy by being able to easily adapt to different fighting styles and sparring partners. The goal is to not be limited by style - instead of simply demonstrating mastery of style. Your fighting ability must demonstrate honest self expression of technique, streamlined simplicity, and freedom from stylistic limitations.

Minimum training time -

Students must train regularly for at least 3 years after attaining senior instructor status.

Helping Others

The candidate must teach regularly and be a good influence on others, in and out of the dojo. One should aim to be not just a better martial artist, but a better human being overall. Seek to make a positive impact on society - compassion is more important than all the technique in the world!

Progressive Calisthenics Training Curriculum

Developed and maintained by Owen Johnston,
Certified progressive calisthenics instructor
www.strengthcalisthenics.com

This curriculum is based on another that I originally developed for a gymnastics club and later modified for use in my karate classes. However, please feel free to share this document with others. It may be freely distributed or copied for personal or classroom use, but may not be modified or used for profit. It may also be posted on any reputable website as long as you do not offer the document for sale.

If you would like to view full info on my qualifications, schedule a free trial class or consultation, or contact me for any other reason, please visit my profile page - http://www.dragondoor.com/owen_johnston/

Progressive calisthenics certification blog -
<http://pccblog.dragondoor.com>

Please feel free to give me feedback!
Find me at the gym or send me an e-mail:
owen@strengthcalisthenics.com

Make copies of the workout logs as needed.

You may also use a pen and paper to log your workouts instead of printing copies of the workout logs.

Order luxury prints of the curriculum at the link below!
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